

The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 28

Friday, January 12, 1973



Reyes Win Contest



Ye Olde Snowman with his family seems to reflect the happiness of the Efren Reyes family over winning the Second Annual Family Housing Exterior Decorating Contest. Antonette Reyes is peeking from behind, and it is her hula hoop in the window, within which her father created a Christmas star. The Reyes live in Quarters T3; they had several choices of gifts, but as their reward they "chose the practical gift of having draperies cleaned."

In Quarters T2, neighbors, the Leo Therriens, came in a close second. Carolers graced their lawn and music of the season sounded over the housing on the hill.

THE SHORT SHEET

Navy Women Permitted High Style Hair Styles

CNO has approved a change to Navy uniform regulations authorizing Navy women to wear AFRO, bouffant and other similar hair styles. The change specifies that the back of the hair may touch but not fall below the lower edge of the jacket or coat collar, and that no hair shall show under the front brim of the hat. In no case can the bulk or length of hair interfere with the proper wearing of military headgear.

Race Relations Commitments Strengthened

The total minority enrollment at the Naval Academy for 1971-1972 academic year was double that of the previous year.

New NROTC units have been commissioned at three predominately black colleges and universities and two more such units will be established this year. Added minority educators and community leaders have been assigned to all 50 NROTC state selection committees.

Thirty-two NJROTC units have been established at high schools having significant minority enrollment.

The keel for the USS VALDEZ was laid this June in honor of HM3 Phil I. Valdez, a gallant Mexican-American who posthumously received the Navy Cross for his valiant performance in Vietnam.

A recent law allows the Veterans Administration to provide up to \$30,000 worth of low cost mortgage protection life insurance for about 10,000 severely disabled veterans.

The Veterans Administration advises every veteran who sells a home purchased with a G.I. loan to get a "release of liability" before closing the sale.

The BVL To Give Us A Helen Duval Treat

The Bowling Victory Legion Fund, serving hospitalized veterans, will be sending Helen Duval, one of the country's top professional bowlers, to our Naval Hospital bowling facility on January 24. From noon to 4:00 p.m. she will be giving instruction and demonstrations. All patients, staff and their dependents are welcome. Bowling will be on a no-charge basis.

Each year, "Bowling's Charity" on behalf of America's 52 million bowlers, sends top flight pro keggers to over 100 Federal hospitals around the nation to show our disabled men and women that someone cares. Mrs. Duval is an ideal choice to demonstrate the skills and fun of bowling, a sport that has much merit in rehabilitation programs. She



joined a super select company when she was named to the Superior Performance Division of the Women's International Bowling Congress Hall of Fame in May of 1970. Only two others, Marion Ladewig and Sylvia Wene Martin, share this distinct honor.

But it came as no great surprise. Almost from the time she bowled in her first league back in 1938, and averaged 154, the signs were there that Helen Duval would go on to become one of the all-time greats. For almost two decades she has posted league averages of 190 or better, and in the 1968-69 season she bettered the 200 mark—the goal all male bowlers consider the peak.

A list of Mrs. Duval's records would fill several pages. Some of the highlights include a pair of titles in the 1969 WIBC tourney where she was captain of the winning team and went on to record a brilliant 1927 for nine

The First Arrived On The Second



Steven Lee Reynolds is the first baby to be born at Naval Hospital Oakland in the year 1973, but the son of Catherine and ADJ1 Lee Howard Reynolds did not time his arrival the first minute after the stroke of midnight on January 1. Steven arrived at 2:03 a.m. on January 2, 1973. His father is stationed at the Naval Air Reserve Facility at NAS Alameda.

games, to cop the All-Events.

Mrs. Duval won the BPAA National Doubles teamed with Nobu Asami; she finished second with Betty Kuczynski. She won the pro women's Phoenix Open and National Championship in 1965. She ranks as one of the top five all-time leading money winners.

The BVL Fund was founded in 1942 to help provide recreation and entertainment services to our Armed Forces. Since 1946, "Bowling's Charity" has focused its efforts on aiding the rehabilitation of our hospitalized service personnel in Federal hospital facilities worldwide. Today, the BVL Fund is the only national charitable organization specifically devoted to our hospitalized veterans, many from the Vietnam War.

During the last 30 years, the bowlers of America have contributed some \$5,000,000 through the BVL Fund to aid these hospitalized men and women, to whom we all owe so much. The goal for the fund is to double its 1972 contributions total of approximately \$450,000.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas R. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
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HN M. G. Johnson

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

Is God a magician? In a hospital the question becomes more than academic. When staring at the ceiling from a tube-bedecked bed a man is confronted with the issue in a very personal way. The temptation at such a moment is to utilize God as some sort of divine magician. When the magic doesn't happen, faith may be sadly shaken.

Miracles do happen, but God does not promise miracles. He does promise to meet His follower's actual needs; need as seen in the perfect knowledge of God. Usually God's help is in the form of strength to face problems. The Apostle Paul himself prayed three times for deliverance from what he characterized as a "thorn in the flesh." God's response to Paul was not a miracle but the assurance "My grace is sufficient for you." Paul knew then that God had not forgotten him, that somehow this thorn had a purpose and that God would enable him to bear his suffering. Paul didn't have to like the "thorn"—and he didn't like it—but he was able to live with it by God's strengthening. He discovered God as enabler, not magician.

LCDR A. R. TREIBEL, CHC, USNR

EXEC-LINE

* Sixty cents for a hamburger which can hardly be chewed because of 3 to 5 day old buns; that is really bad! I know there's been a bread strike, but if the 3rd Floor Snack Bar can't supply better quality, they should quit selling or lower the price.

The bread strike did result in a critical shortage of buns for this facility, but those used were delivered daily. Even though fresh, it is true they were prepared from French bread dough, resulting in a harder texture than the type normally used. There can be no basis for a price reduction because the French-type buns have a higher cost than those received from our regular supplier.



Divine Services

PROTESTANT
SUNDAY WORSHIP—0930 Chapel of Hope (Third Floor)
1030 Main Chapel*
SUNDAY SCHOOL and ADULT DISCUSSION GROUP—0930 Chapel Annex*
HOLY COMMUNION: First Sunday of each month and following 1030 services each Sunday
Weddings and Baptisms: By appointment
Choir Rehearsals: Every Wednesday at 1930

CATHOLIC
SUNDAY MASS—0830 Clinical Assembly (Third Floor)
1215 Main Chapel*
DAILY MASS—12:00 Chapel of Hope (Mon.-Sat.)
HOLY DAYS OF OBLIGATION
1200 Mass, Chapel of Hope
1630 Mass, Chapel of Hope
Confessions: Before all Masses
Baptisms: By appointment
Rosary: 1150- (Before Daily Masses)

OTHER
The Jewish Rabbi visits the Hospital on call. For appointments call Extension 2251 or 2252 or 357-8505.
Services for Latter Day Saints scheduled upon request.

*A nursery for small children is available in the Chapel Annex (Bldg. 133) during these services.
"The Navigators" hold meetings at 1930 in the Chapel Annex every Tuesday. Contact the Chaplain's Office for further information.

Notes and Announcements



Changes Made In Promotions And Advancements

Cost and appropriation reductions have forced a number of promotion and rotation policy changes. Duration of these changes depends on future availability of funds. Actions planned or being taken are:

Most petty officer promotions will be held up until June 15, and enlisted Projected Rotation dates will be extended an additional 3 months at their present duty stations. Advancements to E-4 and above are halted except for those already notified that they will be advanced.

For officers, a freeze until June 1 will affect all grades through Rear Admiral, upper half, with the exception of promotions to Commander vacancies from the backlog of 1972 selectees.

Marginal enlisted performers

will be encouraged to leave service early.

Plans are in progress to terminate spot promotions. Time in service requirements in junior officer grades will be changed; 24 months will be required for promotions to Lieutenant Junior Grade, 48 months for Lieutenant.

To conserve per diem, all Navy people on TAD or temporary duty of less than 20 weeks will be required to accept BOQ or BEQ quarters even if those accommodations do not meet prior habitability criteria.

Civil Service Announces Freeze

As of December 11, the President imposed a freeze on all new civilian hirings and promotions in Executive Branch agencies. The action does not affect step increases or the comparability pay raise which became effective January 7, 1973, for General

Schedule employees.

The freeze includes the hiring of temporary workers and temporary promotions. According to the Secretary of Navy, there will be no exceptions to the President's order except when necessary to preserve human life and safety, to protect property, to maintain government continuity, or for emergencies. Any request for an exception must be submitted through command channels to the Office of the Assistant Secretary of the Navy for Manpower and Reserve Affairs. That office will consider the request for submission to the Office of Management and Budget on a case by case basis.

The freeze will remain in effect until the President sends his budget message to Congress, the latter part of this month. It will then be relaxed only to the extent permitted by the revised spending goals for Fiscal Year 1973 as set forth in the budget.

Here Is a Uniform Flash

NavOp 3-73, authorizing all first class petty officers to wear the new CPO type uniform is effective immediately.

The text of the NavOp indicates that all first class petty officers may purchase and wear the new uniform but that it must be purchased locally as small stores will not stock it until about July 1.

The peacoat is authorized for wear; the officer-CPO style top coat is not authorized.

IRS OFFERS TAX HELP

The Internal Revenue Service will compute the tax for persons with income of \$20,000.00 or less who take the standard deduction and whose income is solely from salaries, dividends or interest, and pensions or annuities. They will then send a refund or a bill for the balance due, as appropriate. If the balance is paid within 30 days, there will be no interest or penalties.

NAVY RESERVE MEETING

Naval Reserve Medical Company (NRMC) 12-6 announces that it will hold a Uniform Meeting on January 24 and will have a speaker from the Vector Disease Control Center, Alameda. The NRMC 12-6 Unit has a present membership of 18.

GAS UP

The Navy Exchange announces that the gasoline service station, beginning Saturday, January 13, 1973, will observe hours 9:00 a.m. until 1:00 p.m. These hours are in keeping with Exchange hours and the needs of station personnel.

TRIP TREAT

A trip is being planned to the Bing Crosby Invitational Golf Tournament at Monterey, Ca. Limited number of reservations are available. Staff and patients and their wives are included.

A bus will depart from Building 500 at 8:00 a.m. Saturday, January 27. It will return early evening, Sunday, January 28.

Berthing will be at the BEQ or BOQ, provided by Special Services, Monterey.

Call 2477 or 2478 for further details.

Who's Been Doing What . . .



CORPSMEN ARE SHOWN receiving certificates from CAPT Woodstein, Chief of Orthopedic Service, for completion of a course in Emergency Care of the Sick and Injured. The course was sponsored by the American Academy of Orthopedic Surgeons. Shown are HM2 Brian Holbert, HM3 Paul Oswald, HM3 Andrew Swanson, HM2 James Henshaw, HM3 James Towrey and HN Stephen Owen.

Blood Bank Expresses Thanks

The recent blood bank drive was very successful, with 122 units of blood being obtained. At this time of the year when blood donations are usually lowest, the donor turn-out was excellent, occurring during the National Blood Donor Month, as declared by the President.

The Command and those conducting the drive wish to extend sincere appreciation to all personnel who gave so generously, and they announce that for the next blood drive there will be a larger drawing area provided in order to minimize time of wait.



LCDR ADAM ANTONOPOULOS shared his "frocking" with his wife Patricia and Michael and Thomas. He is Chief of Food Service Division.



ANOTHER FROCKED was LCDR Mary Lynn Milek, who works in the Laboratory.

Scuttlebutt

There's going to be a change around here. The painters are out splashing polka dots and bold stripes all over the hospital. (We're only kidding, there will be no deep purples and loud yellows around this season. Public Works is freshening up the entire hospital, but in colors "the same.")

Yesterday CAPT Donald McLean spoke on the many facets of plastic surgery before the Berkeley Exchange Club (Business and Professional Men's Club). LCDR Myron Corbett is also the sought-after speaker during

(Continued on page 4)

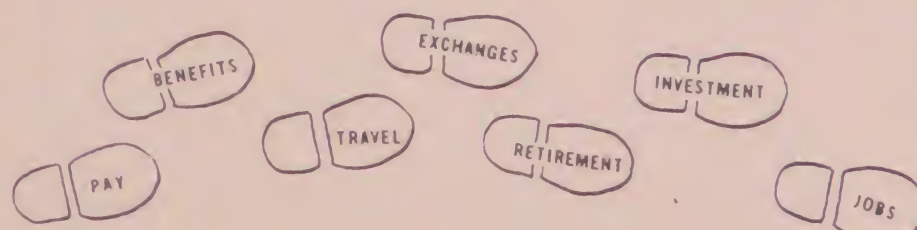


THESE TWO NURSES, Bernice Spanier and Sue McCumber, will be wearing the stripes of Lieutenant Commander having recently been frocked.

FIND OUT HOW

Reenlistment

MARCHES IN STEP WITH YOUR INTERESTS



Ours Is One Navy Whatever The Uniform

The Navy in 1775 was a navy of square-sailed frigates with ordnance consisting of single-shot cannons. Over the years the Navy has evolved into a service of sleek nuclear and conventional powered ships carrying automatic guns and a variety of missiles.

The uniform also has evolved since its adoption from the English Royal Navy uniform in the 1800's. Here are some of the reasons our present day uniform came into being.

Long before our sailors were wearing any type of uniform, British sailors were tarring their hair in pigtails. They used leather collars that attached to the neck of their shirts to repel the tar. The black neckerchief was first worn in

honor of Admiral Horatio Nelson, who died at the battle of Trafalgar. The piping around the collar was worn to honor Nelson's three greatest battles. The trousers were made with wide legs so they could be rolled easily during cleanup.

The new enlisted uniform which becomes optional next July will be styled after the blue officer and chief petty officer uniform. Both summer and winter suits will be made of dark blue worsted wool. A white combination hat, bearing a hat device simpler than that on the CPO cap, will be worn with the new suits. Exemplifying the "one Navy" concept the same basic uniform will be worn by all Navymen—from seaman recruit to admiral.

MEET CDR BEG

You may have passed him on the sidewalks or in the corridors and noticed that the uniform of SURG CDR K. N. Beg suggests he is not



U.S. Navy. CDR Beg was originally in the Army of Pakistan and has been in that country's Navy since 1964.

CDR Beg, who is now serving and observing in Ophthalmology since joining NHO early last fall, joined the Army as a general duty medical officer in 1954 after having passed his Bachelor of Medicine and Bachelor of Surgery (MBBS) from King Edward Medical College, Lahore (West Pakistan). Thereafter, he served as General Duty Medical Officer (GDMO) in various capacities at different Army stations in Pakistan.

He was selected for training in ophthalmology in 1959 at the Armed Forces Post Graduate Medical College, Rawalpindi, and graduated in that branch in 1961. He passed his Diploma in Ophthalmology (DO) examination from the University of Punjab in 1967 and classified in ophthalmology in 1968. He will remain at Naval Hospital until March 1973.

A MOST IMPORTANT PAPER is your Record of Emergency Data which is part of everyone's Service Record. Is yours up-to-date? Check with the Personnel Office.

More

Scuttlebutt

initiation of regionalization. The Officers' Wives Clubs of the various facilities are eager to know what it's all about. To all consumers of health care who would like briefings, he is "available."

Misplaced persons, when strolling the corridors on the 8th Floor, at the Nursing Supervisor's doorway can't resist entering when they read a sign on the wall "EVERYONE Brings Joy to This Room." The wanderers get their letdown only when they read on: "Some by Entering; Some by Leaving!"

And on 5th Floor is there a rover with curiosity so dead as to fail to stop at CDR J. B. Boorstin's door where the large arrow points to a "CRISIS View Area" keyhole. The compulsion to use the peephole is overwhelming—in the same way as are ads that warn: "Don't Read This."

The girls on the appointment board ordinarily work like driven slaves to keep up with those telephone soundoffs, but "Wouldn't you know," one worker said, "that the very day when the CO paid us a surprise visit those phones were silent the whole time!"

It's a plush assignment on the USS SANCTUARY that calls our Senior Chaplain, CDR Caldwell, to foreign ports. Mrs. Caldwell and his two daughters, Christine and Margaret (Meg), are eagerly looking forward to joining the Chaplain in Greece, where that ship will have its home port.

LCDR William McKenzie set a record two years in a row. He delivered the first 1972 baby of the year for NHO, and he did it again, by delivering 1973's newest!

Kudos to Security for having trained the on-base deer to observe traffic regulations! (Would that the two-footed deers would comply as readily!) The other morning, Mrs. E. Totten, RN on the 8th Floor, observed a doe, followed by two fawns, approach a stop sign, stop right at the line, look right, look left, then proceed to cross the road.

Those who gave their life's blood to the Irwin Memorial Blood Bank number 122 persons which is double the number who volunteered their blue blood previously. Could this eagerness be a result of



THREE FROCKED were CDR David C. Ziegler (Head, Neurology), LCDR John Joseph Geren (Resident, Neuropsychiatry) and LCDR Lawrence A. Lisska (Resident, Otolaryngology).

their getting out of the next personnel inspection?

At the next luncheon honoring those advanced, some oomph would be added to that lobster-steak main course if Sabak could be called in. Or it might be nearly as entertaining just to call in Nancy, the receptionist from Dental Service, and have her sit in the midst of those sailors to start the gab and laughter.

December was the month in which NHO really made it with U.S. Navy Medicine. In random candid on page 31 CAPT Kitrinos was chatting with RADM Mahin; on page 44 was a profile of BU-MED's new Inspector General, Medical, Admiral Mahin, our former Commanding Officer; on page 49 CAPT Robert Nolan was being congratulated by RADM Faucett on receipt of the Navy Commendation Medal. Keep turning, and on page 16 you will note Dr. Fuselier, an ex-intern and resident at NHO. On page 26, smiling and in black-bow tie, is our LCDR J. D. Woods receiving the Host Award at the 21st Annual Armed Forces Seminar on Obstetrics and Gynecology at Seattle. CAPT Woodstein may be recognized in the lower right picture on page 33, working hard on a Specialty Advisory Committee that took place in Arlington, Virginia. On page 36 CDR T. E. Carson had a word or two of enlightenment for the Editor of U.S. Navy Medicine. If you happen to know them, sprinkled about are quite a few others who had duty here. Drop into the Medical Library; they are certain to have a copy of the December 1972 issue.



LT LYNN HARTUNG holds a Letter of Appreciation for services with the Medical Service Corps. Now detached, LT Hartung is at home in Fremont, California.

Today almost every family or individual has a need to borrow cash occasionally.

It is not necessarily bad money management to decide to borrow at an appropriate time from a reputable lender of cash.

The all-important consideration is, of course, the "reputable lender of cash."

Your Credit Union is one of the most reputable lenders.

Call Peggy Griffin, 568-4421, for information.



Recently Advanced

Join the Payroll Savings Plan.



Sock some away.

Take stock in America.
Buy U.S. Savings Bonds

SPORTS

Scenes by the Sidelines

AND STUFF

By Ron Brown

BASKETBALL Naval Hospital Barely Noses Out Skaggs Island 78-76

With four men scoring in double figures, the Naval Hospital Varsity Basketball Team barely nosed out a highly touted five from Skaggs Island to the tune of 78-76. The hospital's team led at Half by a score of 37-29. They led most of the game by almost 10 points, but Skaggs pulled within four points at the close of the game. A foul by a hospital player at the horn, allowed a Skaggs player two free throws, which he made, but left them two points shy of a tie.

Cox Gets 19 Points

High scorer for the hospital team was Cox, who split the net for 19 points on nine field goals and one free throw. Many of his buckets came at strategic times—just when the team needed a basket to thwart a Skaggs Island scoring spree.

Other players scoring well for the hospital team were Kindred with 14 points on seven field goals; Brown and Ring each with 13 points, Penn followed with eight points and Simkins with seven. Northcutt and Titus each had two points to round out the team's scoring.

Wallace of Skaggs Island led all scorers for the evening with 29 points.

The hospital team will wrap up the season with a game against NAS Alameda on January 16.

Score for the Mare Island game of January 4 was in favor of Mare Island, 86 to 46. With NAS Lemoore on January 6, Lemoore 77, NHO 73.

On January 8, the Coast Guard 93 to NHO's 74.

Varsity Basketball

January 9, 1973

In double overtime, NHO lost the January 9 game to Treasure Island 102-101.

Leading scorers for NHO:

Player	Points
Kindred	24
Kolling	17
Cox	15
Culbertson	14
Brown	13
Simkins	12

Basketball Standings (As of January 11)

Team	W	L	Pct.
NP	4	0	1.000
ENT	3	0	1.000
Pharmacy	2	2	.500
OR	2	2	.500
Interns	2	2	.500
Anesthesia	2	2	.500
Special Services	1	2	.333
IC	1	2	.333
MSC	1	2	.333
Ortho	1	2	.333
GMO	1	3	.250

Naval Supply Center Oakland dropped from the League, giving Naval Hospital a forfeit win on January 11.

The team will go into the 12ND Championships, being played at NAS Moffett Field, on January 20-27, 1973.

12ND BOXING SCHEDULE

January 12—8:00 p.m.

Invitational—NAVSTA Treasure Island

January 19—8:00 p.m.

University of California—NAVSTA Treasure Island

January 26—8:00 p.m.

Invitational—NAVSTA Treasure Island

February 13—8:00 p.m.

Intercollegiate—NAVSUPPACT Mare Island

February 27-28—8:00 p.m.

12ND Championships—NAVSTA Treasure Island

12ND WRESTLING SCHEDULE

January 17—7:30 p.m.

Invitational—NAS Moffett Field

January 20—4:00 p.m.

Humboldt State College—Arcata

January 20—9:00 p.m.

College of Redwoods—Eureka

January 31—7:30 p.m.

Invitational—Concord

February 10—9:00 a.m.

Invitational Tournament—NAS Lemoore

February 14—7:30 p.m.

Invitational—NAS Alameda

February 24—8:00 a.m.

12ND Championships—NAVSUPPACT Mare Island

March 12-16

West Coast Championships

NAVSHIPYD Hunters Point

Contact Ron Brown, ext. 2350, for entry information.

Volleyball

On February 13, Naval Hospital will be honored to host the 1973 12ND Women's Volleyball Tournament. The tournament is open to all officer and enlisted women attached to the 12ND Commands.

The tournament will be of the single round-robin type.

A practice schedule will be set up on request, to form a host representative team at Naval Hospital Oakland.

Contact Ron Brown, ext. 2350, for more information.

12ND VOLLEYBALL

The 12ND volleyball season officially opens on February 8. 12ND finals will be May 4-6 at NAS Moffett Field.

Naval Hospital Oakland will have an intramural league starting on February 8 with the best players in the league being selected to form a station team to enter 12ND competition.

Entry blanks are available at Special Services and in the gymnasium. The deadline for entries is noon, January 29.

GOLF

The 12ND golf league will start the week of March 20. Interested personnel should contact Ron Brown, ext. 2350, so that a team can be formed.

TRACK

The 1973 12ND track season is just around the corner with the season officially opening on April 18.

A schedule will follow with the 12ND finals being held in late May. Contact Ron Brown, ext. 2350 for entry information.

FENCING

A basic foil class in fencing can be started if there are enough interested personnel. The class is open to all active duty military officer and enlisted plus dependents.

The class instructor is John de Cesare, a professional fencing master. Each series will consist of one hour per week, for 10 weeks. The fee will be \$15 per student for the 10-week course.

There will be continuing courses after the original series for those who wish advance lessons.

If you are interested, please enroll with Kym de Cesare at the OOD's desk any evening after 6 p.m.

HANDBALL

The 12ND Men's Handball Tournament will be held at Naval Air Station, Alameda on February 15-17, at 1:00 p.m. A single loss elimination tournament will be in effect.

JUDO

The 12ND District Judo Championship will be held at the Naval Air Station, Moffett Field, Sunday, February 1, at 1:00 p.m. Call Ron Brown for details.

WEDNESDAY NIGHT'S MEN'S BOWLING LEAGUE

Name (Team No.)	Won	Lost
Spoilers (1)	38	6
Dick's Drinkers (5)	28	16
Wall Bangers (3)	26	18
Bob's Boozers	18	26
Smokers (2)	13	31
Snuffies (4)	9	35

High Average	H.S. Handicap
Hinds 188	Dickens 693
Cartmell 187	Santiago 684
McCormick 181	Mendenhall 660
High Series	H.G. Handicap
Cartmell 625	Banez 278
Dickens 618	Cartmell 271
Santiago 615	Hinds 263
High Game	
Cartmell 265	
Hinds 256	
Banez 254	

FINAL FIRST HALF STANDINGS OF BOWLING LEAGUE

Team	Last Week	Won	Lost
Needlers	1	43	17
Spoilers	2	38	22
Dingbats	3	29	31
Leavers	4	25	35
Jimbo's	5	22	38
Alleycats	6	22	38

MEN	WOMEN
High Average	High Average
Woods 176	Graham 153
Murphy 175	Butler 146
High Series	High Series
Woods 573	LaFlamme 536
Murphy 572	Graham 572
High Game	High Game
Woods 245	Graham 208
McCullagh 222	Butler 207
High Series (Hdcp)	High Series (Hdcp)
Haenfler 669	Jacques 671
Murphy 647	LaFlamme 650
High Game (Hdcp)	High Game (Hdcp)
Woods 256	Butler 247
McCullagh 255	Jacques 242

Alameda Bowlers Have A Big Heart

The Alameda County Women's Bowling Association for many years has sent a representative to our hospital who comes saying, "What can we do to make Christmas happier for someone. Where can we help most?" In 1971 they brought a family from Hawaii to be with their hospitalized son.

In 1972, it appeared that a patient at NHO named Barry Hess, who had fallen from 75 feet while on the USS MIDWAY, had a very slight chance for his life. His parents sacrificed heavily to come from Oregon to be with their son during the crisis. When the ACWBA learned of this need, they paid for the flight, motel, meals and miscellaneous costs, coordinating all activities through Mrs. Margie Middleton, who is the wife of Naval Hospital's former Chief of Dental Service. (CAPT Middleton is now retired.)



MR. AND MRS. HESS were with their son Barry.

Too Late?

"It is never too late to begin," (an exercise program) "providing the transition from inactivity to activity is made intelligently," advises Dr. T. K. Cureton, director of the University of Illinois Physical Fitness Research Center.

Dr. Cureton, whose 40 years of research into physical fitness included testing and training of thousands of persons of all ages, explains that individuals in their forties, fifties and sixties often mistakenly believe that they're too old to start an exercise program.

Nothing could be farther from the truth. This popular misconception often shortens lives and fills the passing years with the miseries of high blood pressure, other heart and circulatory conditions and a wide variety of physical complaints.

Regardless of age, persons in poor shape should first get a doctor's checkup then start exercising very gradually. Time and patience are essential. There are no shortcuts. Even the most perfect conditioning program requires the passing of time to bring results. The unhealthier you are, the longer it takes to transform yourself into physical fitness.

(Excerpt from "Your Life Pump" by Fred Gass)

Movie Schedule

January 12
SHAFT's BIG SCORE—Richard Roundtree, Moses Gunn—Adventure Drama (R)

January 13
THE PURSUIT OF HAPPINESS—Michael Sarrazin, Barbara Hershey—Drama (PG)

January 14
THE CAT O' NINE TAILS—James Franciscus, Karl Malden—Suspense Drama (PG)

January 15
HAMMER—Fred Williamson, Vionetta McGee—Action Drama (R)

January 16
CHROME AND HOT LEATHER—Tony Young and William Smith—Drama (PG)

January 17
YOU'LL LIKE MY MOTHER—Patty Duke and Rosemary Murphy—Suspense Drama (PG)

January 18
PULP—Michael Caine and Mickey Rooney—Action Satire (PG)

January 19
BARON BLOOD—Joseph Cotten and Elke Sommer—Horror (PG)

January 20
VOYAGE TO THE BOTTOM OF THE SEA—Walter Pidgeon and Joan Fontaine—Science Fiction (NA)

January 21
THE MEPHISTO WALTZ—Alan Alda and Jacqueline Bisset—Suspense Drama (R)

January 22
WHEN THE LEGENDS DIE—Richard Widmark and Frederick Forrest—Drama (PG)

January 23
MARY QUEEN OF SCOTS—Vanessa Redgrave and Glenda Jackson—Drama (PG)

January 24
CARBON COPY—Robert Hessier and Charles Aznavour—Action Drama (PG)

January 25
THE NEW CENTURIONS—George C. Scott and Stacey Heach—Action Drama (R)

Hail & Farewell

OFFICERS REPORTING

LT William M. Parsons, MSC, USN, from NROTC Unit, University of Michigan, to Preventive Medicine Service; LT Le Thu Thanh, MC, Thai Navy, to observership, OB & GYN.

OFFICERS DETACHED

LT John R. Neale, MC, USNR, to inactive. LT Lynn Y. Hartung, MSC, USNR, released from active duty.

ENLISTED REPORTING

From Naval Hospital Corps School Great Lakes, Ill., HAS Steven Bowers and Jacqueline Craft and HM3s Richard Price and Bonifacio Cablay.

From Naval Hospital Corps School, San Diego, HAS Michael Foster, Lamont Williams, Sylvester Williams, Kenneth Kiesel, Timothy Ryan, John Schueler, HN Roger Hansen, HM3s HM3 Samuel Hathy III, HA Juan Dimas, HNs Michael Finn and Douglas Horvey, HA John Cahill, HN Gerald Hartman, HAS Jay Hill, Robert Johnston, Jr., and Michael Fox, Jr., HM3 Samuel Hathy III, HA Juan Dimas, HAS Patrick Brabant and Lee Gilson, HAS William Haight, James Nagel, Enrique Moreno, Jr., and Carlos Dominguez, HM2 Crispin DeRosas and HAS Steven Baker, Jon Dorsey, Bruce Eaton, Ramon Ruelas, Terry Harris, Paul Chapman, Gregory DeMarco, HN Stephen Day, HAS Kenneth Deneault and Ronald Miles, HNs Ioane Solaita, John McClendon and Richard Knapp, HAS Sean Samis and Andrew Watson III.

ENLISTED DETACHED:

To: Naval Hospital Guam, HN David McManaway and HA Glen Hager.

To: Naval Hospital Marine Corps Base, Camp Pendleton, Ca., HA Linda Roy.

Released to Inactive Duty in Naval Reserve: HM 3 Richard Barr, HM2s Weston Brown and Clay Brown, HN Joseph Colis Jr., HM3s Robert Crowe, Ronald Deutsch, Edward Dominguez, Robert Downer, Kenneth Hughes and Gary Johnson, HM2s David Kennedy, David Knierim, Michael Lewis, Gary Millert, Edward Movius, Linwood A. Porter, Jr., Marvin Woolard, HM3s Douglas Muir, Jr., Richard Palmer, Eugene Volz, Dale Wisby and Norman Anderson, HN Rodney Ziegenhagel.

Discharge from USN: HM3 JoAnne Ingram, HN Becky Jukoski, HMI Gary Snyder and PNSN Susan Mallory.

CHAMPUS Corner

□ Bills, bills, bills. They keep piling up day to day, month to month for the military family just like any other family these days. When it comes to medical bills, though, military families do get a break. CHAMPUS—the Civilian Health and Medical Program of the Uniformed Services—will help pay a portion of many of these bills.

□ Many military families, however, are not aware of how to make use of CHAMPUS benefits when they need them, according to CHAMPUS officials. So when they receive bills from civilian physicians, civilian hospitals and other providers, they just go ahead and pay them on their own.

□ What they should do, CHAMPUS officials explain, is complete a claim form and forward the bills to the fiscal agent for the state in which the care was received.

□ The best way to locate the right agent and to get claims forms, they add, is to contact the nearest military installation and ask for the CHAMPUS Advisor or Health Benefits Counselor. If there is no nearby installation local recruiters should be able to help.

The Rollin' Library Is Movin' On



Mr. Deering of the Crew's Library takes a cart full of reading material to the wards each Thursday. Betty Lumsden, who reads "just about anything printed," makes a selection. She has over 2000 books and is a pre-Civil War buff, but she also likes the pre-Elizabethan period. She would particularly recommend Peter Townsend's book on the Royal Air Force.

Our librarian, Mr. Deering, however, has a library of over 15,000 titles from which to recommend. From his rolling library you might have selected the following:

Violent Universe, on astrology, by Nigel Calder

Best of H. Allen Smith, a humor satire

Anyone Can Go to College, by Herbert B. Livesey

The Panther Paradox: A

ALL PERSONNEL PLANNING TO TAKE THE FEBRUARY 1973 EXAMINATION FOR ADVANCEMENT ARE REMINDED THAT THEIR EXAMINATION WORKSHEETS MUST BE COMPLETED PRIOR TO JANUARY 20, 1973. FOR FURTHER INFORMATION SEE HM2 SHOEMAKER, MILITARY PERSONNEL OFFICE.

Liberal's Dilemma, Don A. Schanche

Joy in Mudville, not new, but for baseball fans, by George Vecsey

Firecrest, a suspense thriller, Victor Canning

Abyss, Kate Wilhelm, and The Gorgon Festival, John Boyd, both science fiction

Death in Indian Wells, a western, Lewis B. Patten.

Life Began . . .

Born at Naval Hospital on December 26, 1972, Paul Sheffield Boardman, 7 pounds, 1 ounce son of Jane and LCDR Sheffield Boardman, Jr. December 27, 1972, Candace Ann Barnhill, 6 pound, 15 ounce daughter of Ursula and HM3 Michael W. Barnhill. December 28, 1972, Annisa Marie Jones, 8 pound, 9 1/2 ounce daughter of Virginia Marie and HM3 John P. Jones. December 29, Daniel Duane Moyer, 6 pound, 14 1/2 ounce son of Lynne Claire and LT Ronald Craig Moyer.

The new proposed Nondisability Retirement System is so complex and has been the basis of so many rumors that Department of Defense has opened a direct-dial Action Line service to answer questions from members of the Armed Forces stationed in the continental United States.

Action Line is on Autovon extension 22-44777.

Pay Raise May Affect Insurance

Employee covered by Regular Life Insurance whose salary is raised to a new thousand bracket will have an additional \$1000 worth of insurance at a cost of 27 1/2 cents per pay day.

Employees who have the optional life insurance are reminded that premiums are based on their age group. If you reached age 35, 40, 45, 50, 55 or 60 last year you will pay higher rates for your insurance effective January 7, 1973. The bi-weekly rates for this \$10,000 optional insurance are as follows:

Under age 35	\$1.30
Age 35 thru 39	1.70
Age 40 through 44	2.40
Age 45 thru 49	3.60
Age 50 thru 54	5.50
Age 55 thru 59	17.00
Age 60 or over	19.00

for insurance purposes, if you reach these ages in January of the year after the one in which your birthday actually occurs.

Some disabled veterans, under certain conditions, are eligible for VA grants of 50 per cent up to a maximum of \$17,500 toward the cost of "wheelchair" home (equipped with ramps, etc.)



Mud, dust, snow, and even ice can obscure your headlights. Make sure they are clean before you drive. Night driving is dangerous enough with bright headlights. If your lights won't enable you to see or be seen by other drivers, you risk an accident. Remember: A wipe can prevent a wipe-out!



Regionalization Is Reality

(See Story Page 3)

Philippine Navy Loans Observer

On March 1, 1973, LTJG Victoria M. Lozano will have been 7 years in the Nurse Corps of the Philippine Navy. On August 31, 1972, she reported to NHO under a Bi-lateral Agreement Establishing a Military Assistance Program with the Republic of the Philippines. She



will not return to her country until April 1

It is wonderful, according to Mrs. Lozano, to update for her profession and for her country and to learn the things she has while at our facility; it is very difficult, however, to leave a husband and a 21-month old son in order to take advantage of the opportunity that came to her to gain the new knowledge.

When LTJG Lozano was sought out for comment on January 19, she was not in the process of "observing." She was, on her own request, on the Pediatrics Ward, 7th Floor, taking a Sweat Test in order to learn the proper way to give the test. This week the Lieutenant is "observing", another one of the services offered at Naval Hospital. One month of her time was spent on the Surgical Wards, but generally she has kept on the move in eagerness to take all information possible back to her duty station at Naval Station Hospital, Naval Shore Establishment, Cavite City, Philippines.

Mrs. Lozano does have cousins in

Los Angeles, but she has been down South only once and around the Bay Area very little while here; her busy schedule has not left much time for sightseeing. She would like to see more of the U.S.A. before her trip home, but she is afraid a little 21-month old will be gaining in priorities by that time.

We Introduce SAILOR OF THE MONTH



He's Senior Technician and leading petty officer in the Main Operating Room, and as such he has helped instill professionalism in his associates, bringing about a high standard of performance.

Our Sailor of the Month for December hails from Houston, and when he finishes his four years in the Navy this spring Texas will be calling. HM2 McClain expects to return to the University of Houston and finish his Bachelor of Arts Degree in Secondary Education. He might teach history and math.

While at Naval Hospital, Mike has been active in the Navigator's Bible Study group and in teaching a fifth and sixth grade class of juniors at the Main Chapel.

CUSTIS NOMINATED SURGEON GENERAL



Monday, January 22, 1973, at 1:30 p.m. the announcement reached our offices that the nominee to replace VADM George M. Davis as Surgeon General had been selected. The medical officer named was RADM Donald L. Custis, MC, USN.

After service in the Pacific Theatre during World War II, Admiral Custis returned to civilian life to pursue his surgical postgraduate training at the Mason Clinic in Seattle. He engaged in private practice until his return to a naval career in 1956 as a member of the surgical staff at Naval Hospital, Portsmouth, Va.

Major permanent duty assignments have included: Chief of Surgery, U.S. Naval Hospital, Guantanamo Bay; Assistant Chief of Surgery, Naval Hospital, Great Lakes, Ill.; Chief of Surgery, Naval Hospital, Beaufort, S.C.; Chief of Surgery, Naval Hospital, Philadelphia; Executive Officer, Naval Hospital, Philadelphia; Senior Medical Officer, U.S. Naval Support Activity, Danang, RVN; and since May 1970, Admiral Custis has been Commanding Officer, Naval Hospital, NNMCC, Bethesda, Md.

Upon confirmation by the Senate, RADM Donald L. Custis will become Surgeon General.

STAFF NAVY REGIONAL MEDICAL CENTER AND ALL REGIONAL UNITS

Parking in main circle, building 500, is not authorized except for: Pick-up and discharging of patients—not to exceed 15 minutes duration (yellow loading zone only).

Violators will be cited with Commissioner's Court type ticket—cost, \$5.00.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM3 T. J. Town, HN R. L. Juschka.
HN M. G. Johnson.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

ACCEPTANCE

Acceptance allows each person a lot of freedom to move around and be one's self even if the neighbors are only 20 feet away on any side. By accepting, I meet you with respect and a basic trust; there is a beginning bond of peace. In this environment disagreements appear in their proper perspective: normally minor. I allow space for you in my life as another person, even hold open the possibility of love.

What happens in one's heart and mind when our meetings with others are controlled by regulations rather than our true evaluation of the person? Is it possible to reject responsibility for another in need by hiding behind the handy screen of regulation, "Sorry we can't help you, you don't qualify?"

What happens in one's heart when our integrity and honesty is constantly doubted and scrutinized by investigators and multi-paged forms? What happens in a heart when one becomes afraid of others and tends to presume guilt until our brother is proven innocent?

What happens to ME?

—LCDR W. E. UNDERHILL, CHC, USNR

'The National Prayer Breakfast'

WHERE WE PRAY TOGETHER

It is recorded that nearly 2000 years ago men met together to break bread together and pray. Those "Breakfast Groups" by the sea of Tiberias found enriching fellowship and a new challenge for life.

Naval Hospital Oakland will observe "The National Prayer Breakfast" in the Main Dining Room, building 500, 3rd floor, on February 1, starting at 7:00 a.m. All civilian and military personnel are invited.

It was old Ben Franklin who said, "I have lived, Sir, a long time; and the longer I live the more convincing proofs I see of this truth, that God governs in the affairs of men. . . . I firmly believe that without His concurring aid we shall succeed in the political building no better than the builders of Babel."

In 1942 Prayer Breakfast Groups in the Senate and House of Representatives affirmed this belief by having weekly prayer meetings. In 1953 the first Presidential Prayer Breakfast was established to seek divine guidance for the national leadership and to reaffirm faith and dependence on God. Today, around the world some 70 countries in some form are holding annual National Prayer Breakfasts . . . and the fellowship continues to grow.



Norfolk, Virginia—NAVY MEN CONTRAST the old and new enlisted service dress blue uniforms. The men wearing the combination caps are dressed in the new uniforms.

'HAPPY TEARS TASTE DIFFERENT'



"Why are you crying, Mommy," the little Korean beauty asked when she had finished laboriously climbing five stairs as a birthday surprise for "Mommy" Dorothy Atwood de Bolt.

"Because I'm so happy!" Dorothy replied, as the tears streamed.

The little girl licked the tears on Dorothy's cheek. "Happy tears taste different," she nodded, smiling.

You see, the little girl was born without arms or legs. Five steps up was an equivalent to Mt. McKinley for her, and when Mrs. deBolt, the woman who gained national fame because of having adopted a mini-United Nations, shared some of her experiences, she brought tears to the eyes of many of the wives at the Officers' Wives' Club Luncheon. They relived with her some of her experiences. When the little Vietnamese boy—so fearful because of terrible war experiences—became brave enough after a year and a half to walk up the driveway alone to get the mail, and yelled, "I made it, Mommy," those were shared happy tears also.

Mrs. de Bolt was not plugging an Adopt-the-Handicapped theme as she spoke before the meeting. She did not use the word at all in its usual connotation in her talk at the Officers' Club. If she had an intended message of any sort, the one that came through as she spoke so enthusiastically, softly and sincerely was that "We have been infinitely more blessed by having these, our children, than they have been by having us."

Movie Schedule

Friday, January 26

CONFESSIONS OF A POLICE CAPTAIN—Martin Balsam, Franco Nero—Drama (PG)

Saturday, January 27

THE HONEYMOON MACHINE—Steve McQueen, Paula Prentiss—Comedy (NA)

Sunday, January 28

PERFECT FRIDAY—Ursula Andress, Stanley Baker—Comedy Thriller (R)

Monday, January 29

PLAY IT AS IT LAYS—Tuesday Weld, Anthony Perkins—Drama (R)

Tuesday, January 30

LITTLE BIG MAN—Dustin Hoffman, Martin Balsam—Satire (PG)

Wednesday, January 31

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT SEX BUT WERE AFRAID TO ASK—Woody Allen, John Caradine—Comedy (R)

Thursday, February 1

THE WRATH OF GOD—Robert Mitchum, Rita Hayworth—Action Western (PG)

Friday, February 2

BLINDMAN—Ringo Starr, Tony Anthony—Western (R)

Saturday, February 3

OPERATION HEARTBEAT—Richard Bradford, James Daly—Drama (NA)

Sunday, February 4

SAM HILL—Ernest Borgnine, Stephen Hudis—Western (NA)

CLINICAL ASSEMBLY—Building 500, 7:00 p.m.

Tuesday, February 5

THE ASPHYX—Robert Stephens, Robert Powell—Suspense Drama (PG)

Wednesday, February 6

SOMETHING BIG—Dean Martin, Brian Keith—Western Comedy (PG)

Thursday, February 7

FIDDLER ON THE ROOF—Topol, Norma Drane—Musical (G)

Navy Supply Corps

To Celebrate 178th

The 178th birthday of the Navy Supply Corps, which occurs on February 23, will be celebrated locally on Monday evening February 19. The San Francisco Bay Area Supply Corps Association is sponsoring a birthday party at the Fleet Admiral Nimitz Club, Treasure Island.

The expected guest of honor is Rear Admiral Wallace R. Dowd Jr., who became Commander Naval Supply Systems Command and Chief of Supply Corps on January 25. He was relieved as Commanding Officer, Naval Supply Center Oakland, on January 2.

The party, to last from 6:30 p.m. to 10 p.m., will include a buffet supper with a variety of meats, fish and cheeses. Tickets are \$4 per person. Contact LCDR John P. Geary, Naval Supply Center Oakland, telephone 466-5255, for yours.

Hail & Farewell

OFFICERS REPORTING

CAPT John E. Thompson, CHC, USNR, from NAB L Creek, Norfolk, Va., as Senior Chaplain, CDR Leslie W. Rushing, CHC, USN, from USS PIEDMONT (AD-17) for Pastoral Counseling.

OFFICERS DETACHED:

CDR Ralph G. Caldwell, CHC, USN, to the USS SANCTUARY (AH-17).

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HA Hal Groneman; from Naval Hospital Corps School, Great Lakes, Ill., HM Jesse Garcia; from Naval Supply Center Oakland, HM2 Charles Jefferson.

ENLISTED DETACHED:

To Field Medical Service School, Marine Corps Base, Camp Pendleton, HM2 John Ingram, to USS RANGER (CVA-61) 4P Alameda, HM3 Louis Wood.

Released to Inactive Duty in Naval Reserve HM3s Lancelot Honer and Rodney Ward, HM Ralph Yuhas, HN Terry Mandarino and HM Harry Bovos.

Regionalization is Fact

SAVE THIS SECTION

On January 10, 1973, the papers bearing the official approval were on hand. We knew it was fact, but the final seal, giving us the right to say, "We are now One Medical Center," had been eagerly awaited. The first phase of planning for Bay Area regionalization started at the Bureau of Medicine and Surgery on March 22, 1972. On January 1, 1973, Naval Hospital, Oakland, became a part of the Naval Regional Medical Center, Oakland, and our Commanding Officer, Admiral R. E. Faucett, became the Regional Medical Director.

Area Coverage

The Regional Medical Director will direct how, when and where health care resources will be used. He is the local management authority for the system, which includes 10 Twelfth Naval District Dispensaries (pictures on pages 4 and 5, this issue). These 10, until now, have been diversely managed. The new medical region encompasses 10,000 square miles, from Stockton east to Hunters Point west and from Skaggs Island north to Moffett Field south.

National Trend

The Bay Area's giant step follows a national pattern. Until regionalization became a reality, there were 257 different medical facilities of which the Surgeon General managed only 45. On the first of this year, 14 areas, including ours, went regional. Sixteen regional commands had already been established. The successful pilot program of the Tidewater Area of Virginia had provided the guidelines for planning. It took only 8 months to validate that the Tidewater Project (Portsmouth Naval Hospital and 14 dispensaries) could improve health care services and provide more responsive medical support under centralized management.

What are the future hopes and expectations under regionalization?

- That there be a realistic approach when equating staff with the workload;
- That electronic data ultimately will give instant readout of patient history and recall of treatment;
- That corpsmen can be more thoroughly trained because their inservice education programs will no longer be interrupted by busy schedules;
- That mobility of delivery of health care will help the retired man get his annual physical and keep his dependent from having to drive miles and miles;
- That prescriptions can be filled nearer home, at other than the prescribing base.

These are a few of the hopes under regionalization!

It costs approximately \$35 to fill a requisition—whether for one item or 100. Under regionalization, requisition volume can be cut because supply will be from one central point, reducing inventories at the 10 other dispensaries. There will be a standardized drug formulary. There will be no competition for funds for health

Here Are Some Future Goals For Regional Health Care

care with items having non-medical priorities.

Naturally, it is not the expectation that operations will immediately run as smoothly as a well-greased wheel cog. It, conceivably, could take several years before the majority of the innovations can be put into effect. Many details and coordination problems have yet to be worked out; however, much planning has gone into the consolidation thus far.

Broad Survey

It has been necessary to review staffing from the standpoint of the medical corps, medical service corps, nursing, chaplains, dental, enlisted and Civil Service. Transportation was reviewed from ambulances and station wagons on down to the number of gurneys to be needed. Questions of seemingly little importance ordinarily, under regionalization, demanded attention. Where would laundry be done? Would there be centralized dictation and record control? What equipment would be needed? What refurbishing?

Health Care Primary

It is apparent that if there is to be One Medical Center—and not 11 sub-centers—that a reorientation of thinking becomes absolute necessity. Regionalization is not an attempt for staff command to form a superstructure. It is conceived as an expanded single-command concept as being the best possible health care to the eligible consumers. Should there be a need for increased manpower and funding as regionalization moves forward, it will be justified on the basis of the delivery of health care and the need to refurbish physical assets, and not solely because of regionalization.

Innovations

Under Navy regionalization total health care can be programmed. Innovations can be programmed in health care delivery and health care administration. When one reads some of the "Future Goals for Regional Health Care" following, then the scope of the present endeavor takes on new proportions.

When all hands think "Regional Medical Center" and back it with enthusiasm, then the reality of bringing the best possible health care to an eligible population, which might include you or me, will occur.

The best possible delivery of health care—that's what Regionalization is all about!

Health Care Delivery

Here are some Future Goals for Regional Health Care:

HEALTH CARE DELIVERY

- To assign personnel on a temporary basis if needed to assist where workloads are heaviest and during military sick call;
- To institute specialty clinics on

an appointment basis at outlying facilities;

- To expand well-baby clinic services;
- To standardize availability of drugs in all regional facilities;
- To initiate centrally coordinated preventive medicine and environmental sanitation services;
- To expand and improve a "quality control" program for laboratory, X-ray and pharmaceutical services by on-site technical control to be carried on by centrally located specialists;
- To institute a "Problem-Oriented Medical Record System";
- To conduct preschool and college physical examinations at outlying locations.

Health Care Administration

- To develop and maintain demographic data on eligible regional populations for workload prediction purposes;
- To maintain and continually review regional personnel requirements and allowances;
- To improve the distribution of specially qualified medical department personnel;
- To organize a centrally coordinated indoctrination program for medical officers reporting for active duty;
- To establish central medical and dental supply support;
- To eliminate separate medical storerooms at outlying regional medical facilities;
- To develop a regionwide schedule for renovation, refurbishment, alterations, replacements and physical plant improvements at regional facilities;
- To expand data processing support programs;
- To carry on a Health Care Information Program directed toward the eligible regional population;
- To standardize plastic outpatient identification cards throughout the region;
- To provide a central laundry and linen service where possible;
- To use electronic medical record transmission for inter-facility needs;
- To develop a long-range plan for central computerization of medical records;
- To maintain a central appointment system for the region;
- To establish a Health Care Advisory Council with appropriate representation from the various population categories supported by the Oakland Naval Regional Medical Center;
- To centralize medical and technical equipment management.



CAPT R. C. DRIPS, MC, USN (CO)
Naval Dispensary, Treasure Island
San Francisco, 94130
415-765-5576 (Tie)

LT C. V. WILSON, MC, USNR (SMO)
Naval Security Group Activity
Skaggs Island
Sonoma, 95476
707-644-5671, Ext. 521 — 730-1441, Ext. 521 (Autovon)



LT J. R. ENRIGHT, MC, USNR (SMO)
Naval Shipyard, Hunters Point
San Francisco, 94135
415-641-3653 — 799-3653 (Autovon)

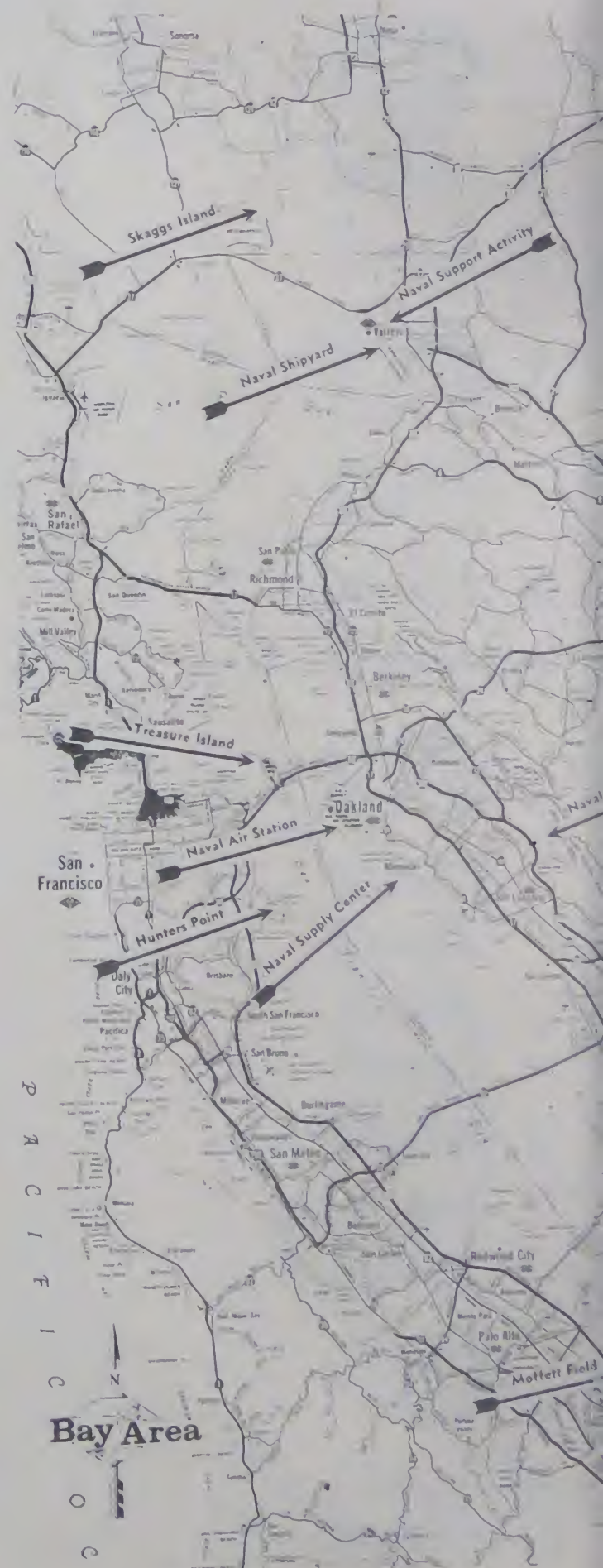


CAPT N. D. SANBORN, MC, USN (SMO)
Naval Air Station
Alameda, 94501
415-869-2978 — 686-2978 (Autovon)



CAPT W. A. KORNBLUM, MC, USN (SMO)
Naval Air Station
Moffett Field, 94035
415-966-5286 — 462-5286 (Autovon)

'ONE MEDIC
... from Everywhere



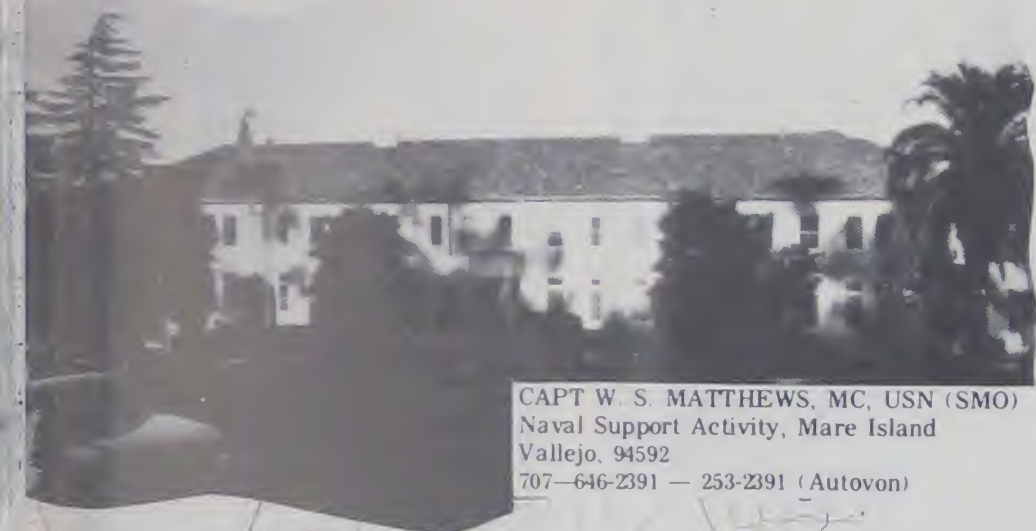


RADM R. E. FAUCETT, MC, USN
Regional Medical Director
(Commanding Officer, Naval Hospital)
Oakland, 94627
415-639-2111 — 855-2111 (Autovon)



CDR T. N. MARKHAM, MC, USN (SMO)
Naval Shipyard, Mare Island
Vallejo, 94592
707-646-2449 — 253-2449 (Autovon)

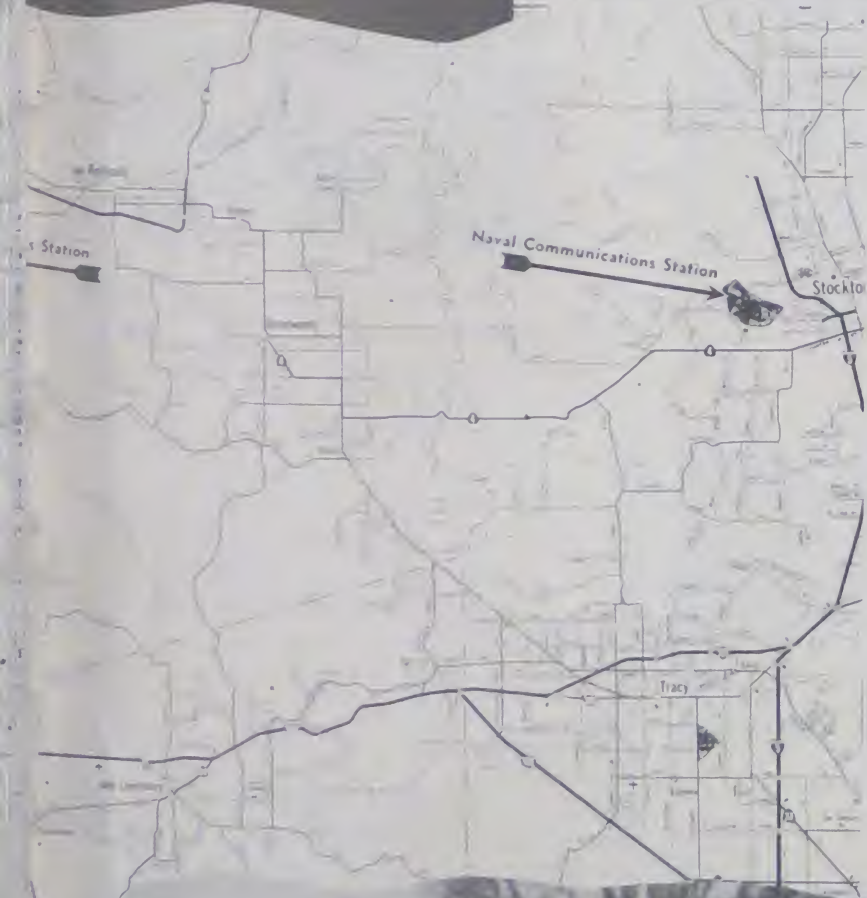
ENTER' photos by HM3 T. J. Town



CAPT W. S. MATTHEWS, MC, USN (SMO)
Naval Support Activity, Mare Island
Vallejo, 94592
707-646-2391 — 253-2391 (Autovon)



LT D. B. SPRING, MC, USNR (SMO)
Naval Supply Center
Oakland, 94526
415-466-6141 — 836-6141 (Autovon)



CAPT R. F. SCHUGMANN, MC, USN (SMO)
Naval Weapons Station
Concord, 94520
415-671-2473 — 730-1550, Ext. 2473 (Autovon)

LT R. A. GREENWALD, MC, USNR (SMO)
Naval Communication Station, S.F.
Rough and Ready Island
Stockton, 95203
209-466-6031, Ext. 445 — 730-1500 Ext. 445 (Autovon)

Meet Our Liaison Officer

LCDR Emery Hatch is the Dispensary Administration Liaison Officer for Oakland Naval Regional Medical Center, but he is not entirely new to Naval Hospital.



Mr. Hatch entered the Navy in 1947; he was commissioned as an Ensign in the Medical Service Corps in August 1957 and in November of that year he reported for duty at NHO, staying with us until February 1959. He then served in the Industrial Dispensary of Mare Island; as Patient Affairs Officer, Naval Hospital, Bremerton, Washington; as Administrative Officer, Naval Hospital Lemoore; and in 1971 he went to the First Marine Air Wing, where he served prior to again reporting to NHO in early November 1972.

In his present position in the Administrative Offices at Naval Hospital his duties will be to coordinate operations and services among the facilities forming the Naval Regional Medical Center, Oakland. Quoting Mr. Hatch, "I have noted some remarkable changes at Oakland Naval Hospital in the past 15 years, but I still find many of the same friendly people here who made my life as an Ensign most enjoyable."

Statistics On Naval Health Care For The Region

OUTPATIENTS VISITS BY PATIENT CATEGORY (Calendar Year 1971)													
	Total	Active Duty	Dependents	Retired	Dependents of Retired	Civilian Employees	Other	Prescriptions Filled	Laboratory Procedures	Physical Exams	X-Ray Processes		
Naval Hospital Oakland	287,578	45,938	107,353	46,663	84,258	1,974	1,392	415,956	1,282,709	6,903	216,980		
Naval Dispensary Treasure Island	105,932	76,555	15,067	2,480	11,830			93,762	78,834	20,420	31,069		
Naval Air Station Moffett Field	95,208	26,108	27,762	9,866	29,408	987	1,077	121,759	72,315	5,559	22,665		
Naval Air Station Alameda	114,775	31,476	44,052	2,182	2,670	32,451	1,944	110,120	60,016	12,000	24,105		
Naval Support Activity, Mare Island	86,770	25,671	30,153	9,384	20,770	39	753	68,243	60,880	4,409	28,095		
Naval Supply Center, Oakland	9,691	395	185	195		8,916		2,637	5,239	2,273	2,855		
Hunters Point Naval Shipyard, S.F.	27,982	4,087	8,357	878	509	13,981	170	16,494	19,411	1,147	6,754		
Mare Island Naval Shipyard, Vallejo	22,465					22,465		1,893	28,144	14,679	7,542		
Naval Weapons Station, Concord	24,022	3,886	7,995	1,776	6,938	3,418	9	29,868	21,469	1,207	5,255		
Naval Communications Station, Stockton	10,080	2,190	3,066	1,415	2,322	1,082	5	16,944	6,039	504	3,810		
Naval Security Group Activity, Skaggs Is.	7,229	3,068	3,381	263	499	15	3	6,564	2,799	489	786		
Totals	791,732	219,374	247,371	75,102	159,204	85,328	5,353	884,140	1,637,855	69,590	349,920		

Hi, Out There, Future Medicos

Naval Hospital is proud of its young men and women who are students in the Navy Medical Scholarship Program and should there be those with whom you desire to keep in touch, they are to be found in the Medical Schools of our Western Area universities.

Ensigns Glen Gabler, Jon Hooper and Patrick Colletti are students at the University of Nevada, Reno. Ensigns Jay Rorick, Jr., James Stansbury and Ulista Brooks are studying at the University of Oregon, Portland, as is LTJG James Kopp. Ensign Jerry Rose chose to further his medical career at the University of Washington, Seattle. The University of California, San Francisco, gained LTJG Glen Looney. Stanford University, Palo Alto, Ca., Robert Ilka. The University of Colorado at Denver is

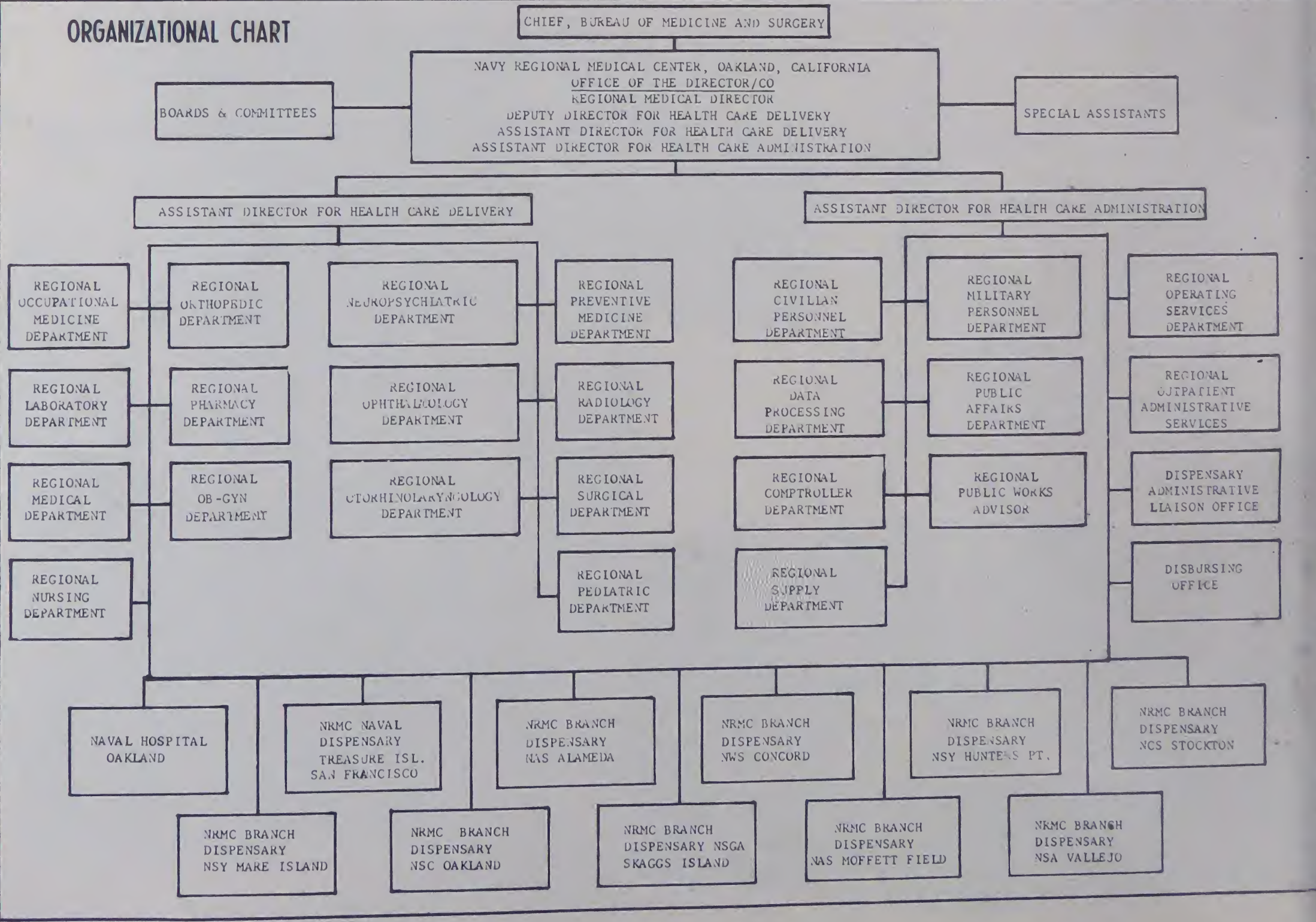
training four Navy men: Ensigns Kurt Brandt and Dennis Johnson and LTJGs Francis Bergin, Jr., and Robert Nelson. The University of Utah at Salt Lake City gained the most in their Navy Medical Scholarship Program. Ensigns Roger Sheffield and Daniel Yurth and LTJGs James H. Rees, Robert Jones, Randal Gibb and Edward Parker. All are United States Naval Reserve, but they are OURS and we wish them smooth sailing.

With this issue of "The Oak Leaf," these who hail from medical schools in our Western Area universities and are students in the Navy Medical Scholarship Program will be put on the mailing list. They may then become informed concerning regionalization and can keep in touch with what goes on at this facility. In turn, Naval Hospital desires to "Keep in

Touch" with them. Let us know what goes on so that we may follow your careers, you future nava medical officers.

This land
is YOUR
LAND

KEEP IT
CLEAN.



Who's Been Doing What . . .



CLASS 7303 TURNS OUT full-fledged Laboratory Assistants. Six graduates are shown with instructors and sponsors. Front Row: CAPT M. Borowsky, Chief of Laboratory Service, HN Daniel E. Trudell, HM3 Thomas M. Grieb, DT3 Keith R. Ingebrigtsen and their instructor HMC C. Johnston. Back Row: CAPT R. W. Poley, of the Laboratory Service, HM3 Earnest E. Wyant, HM3 Terrell E. Pritts, HM3 Alan L. Hubbard and HMC Max Coburn, the Senior Military Technician.



TWO RE-UPS TAKE THE OATH AND SIGN IN. HM2 Larry Wood, with his wife Ingrid looking over his shoulder, reenlisted for 4 years, and HM1 William Killian signed on for 2.

FOR VETERANS having trouble with their studies, the Veterans Administration pays up to \$50 a month for tutorial assistance which is not charged against their regular entitlement. Complete details are available at any VA office.



LTJG VICTORIA M. LOZANO was photographed on the day of her arrival. Will her small son recognize his mother after her 26 weeks observership is finished in April?



ENSIGN ELSA C. PAGE INSTRUCTS Mike Milne in the correct use of a loom in the Occupational Therapy Section of NHO. As an instructor, Miss Page is well qualified, having made consistently high grades during her entire ALFA Instructor Training Course which she took at San Diego prior to coming to us. This honor student of her graduating class is the honor daughter of Colonel and Mrs. M. E. Page (USA Ret) of Pebble Beach, Ca.

Scuttlebutt

There's a hospital photographer with initials TJT who has learned on trying his wings that "jailbirds don't fly"! Poor Tim, when out taking regionalization pictures of medical facilities, went in civies; and Security at one of the outlying commands just couldn't believe that he was our own sailor. Tim—expectant at the time he was held in custody—is now a new papa. It's a boy!

When Photo Lab-sters go to their darkroom, they put out a Buzz-Us sign. Recently, the rains must have gotten to all of them; their sign read: "Building Ark in Darkroom. Ring once and be very patient—The Ark is half finished. Anyone interested in signing on as crew sign up here." Shipwrecked Kelly signed on, along with Popeye, Joe Penquin and Wife, Donald Duck, Porky Pig and Wife, Im A Dove, and the Pharmacy Crew.

"You're not with it if you don't know DAP!" the leader at the Writers' Seminar advised. Are you with it! (Picture on page 8.)

Know what a "stone fox" is? It's any good-looking girl.

If someone yells at you, "The Hawk is out," they are not talking about classified material. They mean that the weather is cold and windy. As if you didn't already know, and you might add "and wet"! The Director of Defense Relations has a test of 35 questions similar to the above to familiarize personnel with the aspects of minority cultural life in America. Don't make any bets on passing it.

Roommates: Two new mothers, sharing the same NHO room, one from Illinois and one from Indiana, both having boys, having tongue twister names of Mastripalito and

Kencharek—and, would you believe it, wearing exact-a-like yellow print robes.

Scuttlebutt wonders if personnel really understand that only staff baby births are reported in "The Oak Leaf," unless for Baby of the Year. Otherwise, the Marine, Air Force and Navy babies born at NHO are reported in "The Navy Times" under Sea Service Births.

The Basement Exchange wishes all nurses to be informed that they are now carrying panty hose (sheer support) in white. The Main Exchange, building 38, is carrying AFRO hair preparations and other new assorted cosmetic items. Chief Lewis thought you would like to know. He reported being very pleased with the Memorial Service for Dr. Martin Luther King. There was standing room only.

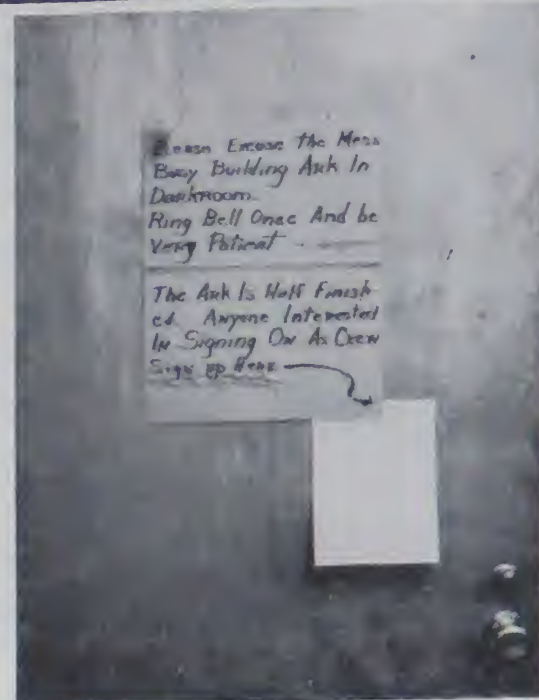
Dr. McLeod, who works at the Dental Annex, must have read that old book "How to Live 24-Hours a Day." He doesn't waste time on his drive from Walnut Creek, but uses his little EZ floss holder and enroute to work practices what he preaches every day. (Dr. McLeod, bet it will be hard for you to believe that sweet hygienist of yours named Margo remembers the Navy of WW II days—and what she remembers! Back in Oklahoma prohibition days her then boyfriend (now husband) spent 18 bucks for a fifth.)

Ilah Anderson's husband Bruce on January 19 was at Treasure Island checking out following his sea duty on the USS RANGER and 4 years, 2 months in the Navy. The two are to head for Lincoln, Nebraska, for a vacation; they plan to return on Amtrak. Ilah has been very active in the Enlisted Navy Wives Club of America No. 160 as well as being a dedicated "outstanding" librarian. She will be missed in both capacities when she leaves the area at the end of March.



Born on January 18, 1973, Cynthia Lynn Olson, 6 pound, 14½ ounce, daughter of Rae Lynn and HN David E. Olson.

JUST ARRIVED



EEO Counselor Chosen



Robert Littleton, civilian employee working in the Outpatient Service, has been appointed Equal Employment Opportunity Counselor. His duty is to seek resolution on an informal basis of matters giving rise to allegations of discrimination. If an employee has a complaint on grounds of race, color, religion, sex or national origin, Mr. Littleton will be available at ext. 2041.

STEP ONE TO A FUTURE

Starting February 5, 1973, Education and Training will offer a six-week program leading to high school graduation. All students who successfully complete this program will receive a high school diploma from Oakland High School. The classes will meet one hour per day, Monday through Thursday. All personnel are eligible, including dependents. For further information contact HM2 Kruger, Becky Pappas or Robert Fuller at Education and Training, ext. 2237, building 105.

NWCA #160 REPORTS

Navy Wives Clubs of America No. 160's Publicity Chairman Ilah M. Anderson reports that the holiday season was both entertaining and profitable. The Christmas wrap project was their best by far, showing a profit of \$150, and they wish to thank everyone who made it possible. Their family Christmas party was a huge success, with lots of fun, candies, gifts and food for everyone present.

On January 7, 1973, NWCA No. 160 was joined by members of NWCA Alameda No. 108 for a salad luncheon in honor of their Southwest Regional president, Joyce Smith of San Pedro.

All wives of enlisted Navy, Marine and Coast Guard personnel—active duty, reserve or retired—are encouraged to join NWCA No. 160. They meet on the first and third Wednesdays of each month in their clubroom in building 133, at 7:30. For further information please contact Membership Chairman Anne Killian at 569-9428.

NWCA No. 160 BAKE SALE
Tuesday, January 30, 1973
Beginning at 9:30 a.m.
Navy Exchange Lobby

THERE ARE 8.9 million World War II and Korean Conflict veterans and another 7.5 million veterans who served after January 31, 1955, who can benefit from legislation that restores their expired unused loan benefits. Details are available at any VA office.



THE "DAP" is a ritualistic handshake used primarily by blacks as an expression of brotherhood and unity. Sympathetic whites also use the dap as a gesture of friendship. Signs and symbols of minority groups—together with their meanings—are taught to DRRI students.

CHAMPUS Corner

PROFESSIONALS FOR WHICH CHAMPUS PAYS

The definition of "physician," as used in CHAMPUS, means a professionally qualified Doctor of Medicine or Doctor of Osteopathy who is licensed to provide medical care for which he receives payment at the time of his services. Doctors of Dental Surgery, Dental Medicine and Surgical Chiropody when providing care within the scope of their license are deemed physicians. Only those defined here are recognized as physicians and may participate in CHAMPUS.

Qualified individuals specializing in a science allied to the practice of medicine may provide certain services under CHAMPUS if these services are ordered by a physician. However, the services of an optometrist or psychologist need not be ordered by a physician. Persons considered to be specializing in sciences allied to medicine would include, but not be limited to, speech therapists, speech pathologists, audiologists, remedial reading teachers, social workers, physical therapists, occupational therapists and nurses.

CHAMPUS payments are not authorized for chiropractic and naturopathic treatment.

Sports Shorts...

HANDBALL

The 12ND Men's Handball Tournament will be held at Naval Air Station, Alameda on February 15-17, at 1:00 p.m. A single loss elimination tournament will be in effect.

12ND

BOWLING LEAGUE
(Game of January 15)

By Ron Brown
BRYAN LEADS NAVAL HOSPITAL BOWLERS TO 3-0 VICTORY OVER MARE ISLAND

With Gary Bryan having one of his best nights, the Naval Hospital bowling team defeated a strong team from Mare Island by a score of 3-0. Final total pin count for three games was NH 2713 to 2557 for Mare Island.

Bryan bowled 210, 220 and 198 in three games for a high series of 628, one of the highest series recorded in the league this year. Following close behind was B. Murphy with a 586 series with games of 200, 186 and 200. M. Mendenhall was third highest with a 535 series with scores of 177, 171 and 187.

B. Banez, M. McCormick and J. Woods, who bowled two games each, were strong contributors to the evening's win.

Results of the Week of
January 16

Team	Week	Won	Lost
Needlers	3	5½	2½
Jimbo's	1	5½	2½
Spalers	4	5	3
Dingbats	2	4	4
Alleycats	5	4	4
Leavers	6	0	8

WOMEN		MEN	
High Average		High Average	
Graham	152	Woods	176
Kiely	148	Murphy	171
High Series		High Series	
Laflamme	536	Woods	573
Graham	572	Murphy	572
High Game		High Game	
Graham	208	Woods	245
Butler	207	McCullagh	222
High Series (Hdep)		High Series (Hdep)	
Jacques	671	Haenfler	669
Laflamme	650	Murphy	647
High Game (Hdep)		High Game (Hdep)	
Butler	247	Woods	256
Jacques	242	McCullagh	255

INTRAMURAL BASKETBALL STANDINGS

(As of January 18)

Team	W	L	Pct.
NP	5	0	1.000
ENT	4	0	1.000
Interns	3	2	.667
Anesthesia	3	2	.667
Ortho	2	2	.500
Pharmacy	2	3	.400
Special Services	1	3	.250
IC	1	3	.250
MSC	1	3	.250
GMO	1	4	.200

Results of Games Played on
January 17

NP	71	GMO	37
ENT	38	Pharmacy	33
Ortho	45	MSC (overtime)	41
Interns	31	Special Services	27
Anesthesia	48	IC	7

JUDO

The 12ND District Judo Championship will be held at the Naval Air Station, Moffett Field Sunday, February 1, at 1:00 p.m. Call Ron Brown for details.

New Insurance

The Veterans Administration and Bankers Life Nebraska, a mutual insurance company, have signed a contract for group mortgage protection life insurance for severely disabled veterans who qualify for special VA grants to adapt their housing to their handicaps.

The insurance program was started under legislation that became effective in August 1971 and has been handled under a binder arrangement with the company while contract details were being worked out. Face value of insurance now in force totals more than \$70 million.

IMPORTANT MAYBE?

If you, or anyone you know, are at least one-quarter Alaskan Eskimo, Tlingit Indian, or Aleut, you may be eligible to share in nearly one billion dollars. The cutoff date for registration is March 30, 1973, so contact the Alaskan Native Enrollment Office now. Write ALASKA NATIVE ENROLLMENT, Pouch 7-1971(A), Anchorage, Alaska, 99501.

The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 30

Friday, February 9, 1973

Remember George? ?

Perhaps it is not so odd that we do not remember everything about George Washington and his time. After all, momentous events were taking place in those days when the Nation shrugged off foreign rule and took its first steps as a democracy.

Unfortunately, we tend to forget some of the small things, too.

When George was 15 years old, he copied in an exercise book certain rules of behavior which he thought were important. The copy book is now on display in the Library of Congress. Some of the rules Washington considered "decent behavior in company and conversation" are listed here, with the spelling and capitalization of Washington's time used.

Sleep not when others Speak, Sit not when others stand, Speak not when you should hold your Peace, walk not when others Stop.

Use no Reproachful Language against any one, neither Curse nor Revile.

Gaze not on the marks or blemishes of Others and ask not how they came. What you may Speak in Secret to your Friend deliver not before others.

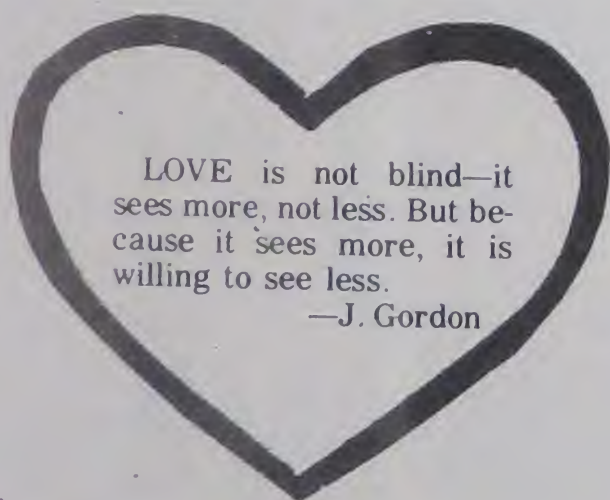
Treat with men at fit Times about Business and Whisper not in the Company of Others.

Be not Curious to Know the Affairs of Others, neither approach those that Speak in Private.

Labour to keep alive in your Breast that Little Spark of Celestial fire Called Conscience.

The actions of George Washington in later life proved he never forgot his rules of behavior from his youth. For us, maybe it is all right to occasionally forget the big things.

But let's NOT forget the little things.



LOVE is not blind—it sees more, not less. But because it sees more, it is willing to see less.

—J. Gordon



THE FIRST DISASTER CONTROL DRILL of 1973 took place on January 11.



NEW TRANSITION PROGRAMS OFFERED

At the beginning of a new year most of us look back to the year just passed to assess and evaluate our accomplishments, and then get on with the business of setting goals for the year that lies ahead. At the TRANSITION Site, 1972 was a successful year, and 1973 promises many opportunities to assist the separating and retiring men and women of the Navy to prepare for civilian life. In the year just completed TRANSITION provided vocational educational counseling to 16,281 persons in group and individual counseling sessions. Of this number 801 were placed in vocational skill training programs. Another 869 were helped in the preparation of resumes, and 529 took high school equivalency exams with 418 challenging first year college equivalency exams. Hundreds of others were helped with job placement leads and educational assistance. As a result of their counseling and assistance at transition, 57 reenlisted, deciding that a Navy career was the best alternative for them.

★★★

The year 1972 also saw the revision of the Skill Center Program to permit personnel in pay grades E-4 and below the opportunity to extend their enlistments for 60 days to obtain vocational skill training while still on the Navy's payroll and without any military duties to interfere with their training. The Second Career Planning Assistance Program (SC-PAP) was initiated to replace REFERRAL for prospective retirees, recognizing that planning and counseling assistance for this big step should be initiated 2 years prior to going into the Fleet Reserve or onto the retired list of the Navy.

Two TRANSITION-sponsored training programs were established on the Naval Station during 1972. In cooperation with the Xerox Corporation a 7-week course for technical representatives to service and repair Xerox copiers was established. To date 14 servicemen from all branches have successfully completed this training program, and most of the graduates are now employed and working in the field for Xerox at various locations around the country. Tom Gilmet, the Xerox Instructor, is an ex-Navyman himself, having served as an aviation electrician's mate for 6 years.

★★★

Tom says, "This TRANSITION program is the greatest opportunity for servicemen I know of. I only wish it would have been in operation when I was getting out." The Xerox course is 7 weeks in length; it consists of 5 weeks of formal classroom work shop instruction and 2 weeks of actual on-the-job training with an experienced technical representative making his rounds in the local community.

★★★

New to the Naval Station, but not to the TRANSITION program, is the automobile mechanics course sponsored by the Ford Motor Company. The first class at the Naval Station training facility located in building 180 began on January 8th with subsequent classes scheduled to begin February 26th and April 9th. Joe King, the Ford Company instructor, is a retired Senior Chief Machinery Repairman who spent significant periods of his Navy career with the carrier forces serving in both ENTERPRISE and ORISKANY. Joe candidly admits that he owes his present position to his association with the TRANSITION program, having received training and made job placement connections through the TRANSITION Site at Treasure Island.

★★★

The Ford course is 6 weeks and consists of classroom and work shop instruction in the use of modern diagnostic equipment followed by hands-on experience in servicing and repairing all major components of today's sophisticated automobile. The Ford Company assists in the placement of graduates with Ford, Lincoln and Mercury dealerships around the country. The Ford course is also available to eligible personnel either through regular TRANSITION training or the Skill Center Program. Joe King invites any interested personnel to drop around for a chat and look over the new training facility in building 180, at Treasure Island.

The TRANSITION Site Officer, LCDR Rockett, wishes to invite and encourage all personnel eligible for TRANSITION Second Career Planning Assistance Program to call for an appointment (telephone ext. 2238) or visit the local TRANSITION office, building 105, during the coming year.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM3 N. G. Johnson

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev. July 1968.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +



'Welcome Aboard, CHAPLAIN THOMPSON'



CAPT John E. Thompson, CHC, USNR, is NHO's new Senior Chaplain. He and Mrs. Thompson and sons Tim and Dan come to us, serving under the endorsement of the Presbyterian Church, U.S. Another son, Martin, is in East Carolina University.

Chaplain Thompson is a native of Virginia. He received his theological training at Union Theological Seminary, Richmond, Va., and was ordained in 1948. In

addition to his 13 years as a Navy chaplain he has served in churches in West Virginia, North Carolina and Florida.

The Bay Area is not entirely new to Chaplain Thompson. In 1968 he was at Hunters Point, S.F., but he comes to Naval Hospital from the Naval Amphibious Base, Little Creek, Norfolk, Va., having had temporary duty at National Naval Medical Center, Bethesda, Md.



Born at Naval Hospital on January 23, 1973, Todd Michael Town, 6 pound, 7 1/2 ounce, son of HM2 Timothy J. and Brenda Town, on January 24, Brent Albert Packard, 7 pound, 6 ounce, son of LT Russell C. and Beverly Ann Packard. On February 3, Angela Renee Daniels, 8 pound, 8 ounce daughter of HM1 Charles J. and Jane Daniels. Jennifer Ann Sinning, 7 pound, 6 ounce daughter of HN Richard George and Jane Sinning.

JUST ARRIVED

EXEC-LINE



★ Khaki jackets are impossible to get in this area. I have had one on order for several weeks; for the past three months I visited Alameda and Treasure Island (Navy Exchanges) without success. If the Command could exert any pressure on getting these khaki work jackets in our exchange, it would be appreciated.

Khaki work jackets are presently in short supply from the manufacturer. Follow-up action has been taken on orders placed in November and December that are on back-order at the manufacturer's. No improvement in deliveries can be promised at this time. Since these garments are manufactured in strict accordance with uniform regulations, secondary supply sources are not readily available. Efforts are being made to locate a reliable source.

Easter Cantata Practice Starts

The musical cantata "The Crucifixion" will be presented at Easter time by members of the Protestant and Catholic congregations. Rehearsals are held at 8:00 on Wednesday evenings at the Main Gate Chapel. Anyone interested in participating is invited to join this choral group.

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HNs Michael Sporrer, Luis Altamirano, Howard Chase, HAs Michael Harlow, Neal Haughton, Michael Poile, Michael Fritz, Francis Hungerford, Darrell Turner, Vincent Ambrose Jr. and Neil Allen; From Naval Station, San Diego, HMC John Terry. From Naval Hospital National Naval Medical Center, Bethesda, Md, HM3 Danny Noe. From Hospital Corps School, Great Lakes, Ill., HA Virginia Eiler, HNs Sharon Williams and Robert Mack.

ENLISTED DETACHED:

To Field Medical Service School, MCB, Camp Pendleton, CA, HN Robert Scheett, To USS OKINAWA (LPH 3), HM2 Larry Salmon; To USS HANCOCK (CVA 19), HN Timothy Faircloth, To USS CORAL SEA (CVA 43), HN Robert Johnson, To USS MARS (AFS 11), HM3 Kjartan Armann; To USS MORTON (DD 948), HM3 Gene Lincoln.

DISCHARGED FROM USN:

HM3 Darlene King and HM1 Lee Lussier RELEASED TO INACTIVE DUTY IN NAVAL RESERVE.

HM3s Samuel Wilson, Todd Boyd, Lyman Cox, Jr., Gary Hufford, Esequiel Trujillo, Jr., Clifton Wright, Jr., Manford Parker, John

Kessel, Daniel Holets and Robert Plant. HM2 Richard Bain, Lawrence Clayton, Richard Day, Martin Ehresman, John Sundberg, Terry Waver and Patrick Graham, HNs Keith Connelley, Robert Lewis and Ronald Searcy, DT3 John Garcia.

RAIN and MORE RAIN . . . Have you been unnecessarily "drenched" when walking to and from work by a thoughtless driver who, even though driving within the speed limit, failed to slow down when going through a large puddle, overflow area, waterfilled dip in the road, thus splashing you unmercifully as you plodded alongside the road? Our roadways here have just such areas and the luckless have been thoroughly sloshed by the unthinking driver. LET'S SHOW COURTESY . . . EVEN IN THE RAIN.



NINETY-FOUR YEARS OF ACCIDENT-FREE DRIVING of off-base government vehicles is recognized as LCDR David Fluharty, Public Works officer, extends congratulations and presents awards. Mr. Gus Matalas holds a 16-year record; Mr. Wilson Carter, 21 years; Mr. Isadore Lore, 17 years; Mr. Logan Walton, 21 years; and Mr. Charles Dyson (not shown), 19 years.

Scuttlebutt

One doesn't ordinarily think of a dental setting as being romantic, but statistical records at NHO show that after exposure here dental techs do marry dental techs! Former staff members DT3s John Goldberger and Shirley Jantoz dropped by the Dental Annex recently enroute to Missouri after having just become Mr. and Mrs. in Seattle. And DT3 Latie Warner and Sheridan May, also Mr. and Mrs. since last fall. Do they get acquainted over an X-ray film or just sharing lunches because it's so far up the hill?



Mr. and Mrs. Sheridan May

Our hospital is taking on a true personality. Addressed as "Mrs. Hospital," query was received from McCall's Magazine publishers wishing to know why we were not subscribing to their publication, containing articles by such "authorities" as Shirley Temple Black concerning breast cancer. Goodness, under the present economy tightening, we just send our doctors to the library to get that education.

The results of the officers' Oak Knoll Invitational Cribbage Tournament, sponsored by the Officers' Club, are in. And the runner-up iss... the runner-up is Dr. Tom Carson! And the WINnah is—are you ready? The winner is Dr. Gary Franssen!

The Admiral's driver, otherwise known as HM2 Hankel-Shepherd, on a tromp into the untamed world of jagged peaks fell on his tort to an untimely accident. When courageous HM2 gathered himself up from his earthward plunge,



FOUR LAB ASSISTANTS smile on their graduation day. They are Miles Hayden, HN; Lennie Miller, HN; Michael Ferreira, HM3; and Duane Hegland, HM3, of Class No. 7304.

Who's Been Doing What . . .



TWELVE OPERATING ROOM CLASS No. 7301 graduates are (bottom row) Douglas Vondrackek, HN; David Gonzales, HN; Joseph Murray, HN; Michael Porch, HM3; Jeffrey Dott, HM3; Wayne

Svoboda, HM3. (Top row): Arlan Razey, HN; Neal Archer, HA; James Tracy, HM3; Michael Lafties, HN; Arthur Carroll, HN and Michael Bagaason, HM2, Enlisted instructor.



Mr. and Mrs. John Goldberger



THREE CHECKS were not necessary as a bonus incentive to cause HMCS Senecio S. Jose of Operating Services to sign on for another 3 years.

there were seven fruitflies, four or five laughing pigeons, one disgusted park ranger and one hysterical comrade tech who handed over a bottle of Schnappes for use as an antiseptic. (Ach du liber—not fir de foot, but for de mouth!)

FUN HERE!

—S.F. USO—

SQUARE DANCE with Rick Perkins (professional caller) on Thursday, February 22, 7:30 p.m. Beginners encouraged to come.

SNOWBALL EXPRESS—ski weekend in the High Sierra's (Sonora, Ca.). Ski Dodge Ridge—low rates. Friday, February 16 to Sunday, February 18. \$20.00, includes transportation, lodging and ALL meals. Limited group. Make your reservations early! Call the S.F. USO for details, 621-0630.

Your toothbrush alone, with no toothpaste, will remove bacteria provided it is done properly. The fluoride toothpastes give added protection.



HM2 E. H. "MARTY" AEHRESMAN received a Good Conduct Award before departing the Navy after 4 years of exemplary service.



DT3 MICHAEL BEST'S mother watched as he was sworn in for a six-year reup.

It has been said that eating coarse and crunchy foods, or rinsing the mouth with water, will clean the plaque off our teeth. This is not so. The only way to adequately remove plaque is by proper use of a toothbrush and dental floss.

Observers Bid

Each Other 'Hen Ngay Tai Ngo' 'See You Again'

Now that LT Dao Huu Trung is returning home to his bride of a year, LTJG Nguyen Tan Hien will miss him, but he is looking forward to continuing his observership. The two, who were schoolmates in Vietnam, have been residing together during their stay at Naval Hospital.

Dr. Hien is here in ENT, and he is a reserve member of the Vietnamese Navy. He holds the Vietnam Campaign Medal and Certificate of Satisfactory Achievement, Division Level, and his wife writes that he has just recently received a technical award.

In February of 1972, he was called to the Vietnam Naval Hospital to set up an Ear, Nose and Throat Department. He, alone, was the department. Then in November, 1972, he reported to Oakland Naval Hospital for his observership, so when he returns to his duty station at the end of

May, there is no doubt how he will put to good use the knowledge gained.

Meanwhile, in his absence, Dr. Hien's wife assures him that his two-year-old son, Tan Dat, has not forgotten his father. Tan Dat can still pick him out of a group picture. LTJG Hien at Christmas visited Disneyland. Maybe some day Tan Dat will get to see that "It's a small, wide wonderful world we live in."

LT Dao Huu Trung is Chief Surgeon of the Republic of Vietnam Navy. He reported for his observership in Pediatrics on August 10, and only this week completed his exchange program. Dr. Trung holds the Armed Forces Service Medal of Vietnam and the Civil Actions Honor Medal. CAPT Hayes, Chief of Pediatric Service, under whom the doctor has worked while here, says that LT Trung has been "very conscientious and interested in the many facets of pediatric training."



LTJG NGUYEN TAN HIEN (standing) and LT Dao Huu Trung were photographed in the Medical Library where they often went to study and research.

Congratulations to Board Certified

CDR FRANCIS C. JOHNSON, Pulmonary Diseases LCDR Robert E. Bondurant, Internal Medicine and LCDR Carl Kardinal, Hematology.

CHAMPUS Corner

CHAMPUS COVERAGE FOR THE ELDERLY

Eligibility for CHAMPUS ordinarily ceases at age 65, whether a person is enrolled in the Social Security Medicare Program or not. If a person has applied for and has been denied entitlement to Medicare Part "A" (hospital benefits), his eligibility for CHAMPUS continues. People may not elect to be excluded from Medicare in favor of CHAMPUS coverage.

Foreign residents are denied hospitalization coverage under Social Security; however, this denial is not sufficient to resume CHAMPUS, because the eligibility will be established if residence is taken in the United States.

Where a denial has been handed down for reasons other than foreign residence, the beneficiary is responsible for furnishing proof of denial to CHAMPUS.

Any person who has been denied entitlement to Program "A" should obtain a new identification card, and inform the CHAMPUS fiscal agent of the denial.

If the person who has been denied Part "A" eligibility elects to enroll in Part "B" coverage (which covers physician's charges), he is required to use health benefits available through Social Security before CHAMPUS will pay the remaining charges.

UNCLE SAM'S BIG BOOKSTORE SERVES YOU...AND YOU!

By Jane C. O'Sullivan
Medical Librarian

The U.S. Government is one of the largest publishers in the country, and the Superintendent of Documents provides several easy ways for anyone to obtain the standards, manuals and other information he needs; yet this service seems difficult and puzzling for most people.

For Private Purchases

Write or visit the Government Printing Office (GPO) Bookstore, room 1023 (Box 36104) Federal Office Building, 450 Golden Gate Avenue, San Francisco 94102. Current publications are displayed for sale there and the bookstore is open during regular working hours. Anyone may request to be put on the mailing list for the bimonthly flier *Selected U.S. Government Publications*, which includes an order blank. The items may be ordered and prepaid in advance using GPO coupons or a deposit account.

For Naval Regional Medical Center Operations

Any department needing government publications costing under \$5.00 should not submit an

open purchase request. The Medical Library maintains a deposit account, and a subscription to the *Monthly Catalog of U.S. Government Publications*, which lists all publications by the originating agency as they come into print. The item must be identified by title, price and Sup-Docs number, after which it can be ordered on the library deposit account. All orders should go to the regional bookstore in San Francisco rather than to Washington.

The Medical Library also provides such basic references as the *U.S. Statistical Abstract*, the *U.S. Government Directory*, and the *Federal Register*.

Alongside the *Monthly Catalog*, the library places special price lists in fields such as health services, veterans affairs, agriculture and so forth. Examples of topics for which pamphlets or books may be ordered include: How to keep your basement dry; where to write for birth and death records; Navy diving manual; posters on alcoholism and drug abuse; historical landmarks; flags and pennants, and almost everything else.

Movie Schedule

Friday, February 9
FAT CITY—Stacey Keach, Jeff Bridges—Drama (PG)

Saturday, February 10
THE SKI BUM—Zalman King, Charlotte Rampling—Drama (R)

Sunday, February 11
NIGHT GALLERY—Joan Crawford, Ossie Davis—Mystery Drama (NA)

Monday, February 12
ONE IS A LONELY NUMBER—Trish Van Devere, Monte Markham—Comedy Drama (PG)

Tuesday, February 13
CREATURES OF THE WORLD FORGOT—Juliet Ege, Tony Bonner—Science Fiction (PG)

Wednesday, February 14
THE RULING CLASS—Peter O'Toole, Alistair Sim—Comedy (R)

Thursday, February 15
THE DEADLY TRAP—Faye Dunaway, Frank Langella—Suspense Drama (PG)

Friday, February 16
KANSAS CITY BOMBER—Raquel Welch, Kevin McCarthy—Action Drama (PG)

Saturday, February 17
THE LONELY PROFESSION—Barbara McNair, Harry Guardino—Drama (NA)

Sunday, February 18
FIND A PLACE TO DIE—Jeffrey Hunter, Pascale Petit—Drama (R)

Monday, February 19
BUTTERFLIES ARE FREE—Goldie Hawn, Edward Albert—Comedy (PG)

Tuesday, February 20
2001: A SPACE ODYSSEY—Keir Dullea, Gary Lockwood—Science Fiction (G)

Wednesday, February 21
SOUNDER—Paul Winfield, Kevin Hooks—Drama (G)

Thursday, February 22
THE DARWIN ADVENTURE—Nicholas Clay, Susan MacReady—Hist. Drama (G)

Friday, February 23
RIVALS—Joan Hackett, Scott Jacoby—Suspense Drama (R)

Saturday, February 24
LOCK, STOCK AND BARREL—Tim Matheson, Belinda Montgomery—Drama (None)

7:00 p.m.
Clinical Assembly—Building 500

SPORTS

Scenes by the Sidelines

AND STUFF

By Ron Brown

NP LEADS INTRAMURAL BASKETBALL LEAGUE WITH IMPRESSIVE 6-0 RECORD

ENT fell off the pace they were maintaining with NP as they lost on January 24 to Anesthesia by a score of 41-39. During a game the same night, NP was downing the Intern Team by a score of 62-39.

NP was idle the week of January 29 as ENT got back on the win trail by defeating IC by a score of 62-24. Bob Pierce led all scorers in this game with 14 points, followed closely by Ed Kindred with 13 markers. Matt Griffith led the losers with 11 points.

The Interns stayed in the thick of the race with an impressive 44-29 win over GMO. Mike Thoene led the winners with 10 points, on three field goals and four free throws. Wayne Meredith led GMO with 10 points on five field goals.

Anesthesia kept pace with the League leaders as they downed MSC by a score of 39-26. Dick Tirrell and Jerry Hunter shared scoring laurels on five field goals each, good for 10 points apiece. Jack Bradford of MSC led all scores in this game with 14 points on six field goals and two free throws.

INTRAMURAL BASKETBALL STANDINGS

(As of February 8)

Team	W	L	Pct.
NP	7	0	1.000
Anesthesia	6	2	.750
ENT	5	2	.714
Ortho	3	2	.600
Interns	4	3	.571
Pharmacy	4	4	.500
MSC	3	4	.429
OR	2	4	.333
GMO	2	6	.250
Special Services	1	5	.167
IC	1	6	.143

Game Schedule for February 14

Interns vs MSC—5:30 p.m.
GMO vs Special Services—6:30 p.m.
NP vs Pharmacy—7:30 p.m.
IC vs Ortho—8:30 p.m.
OR vs ENT—9:30 p.m.

12ND HANDBALL TOURNEY FEBRUARY 15-17; 1 P.M.

Contact Ron Brown, ext. 2350, if you are interested in entering this tournament which is open to all officer and enlisted personnel. Naval Hospital will be allowed to enter four singles and two doubles teams.

12ND WRESTLING CHAMPIONSHIPS FEBRUARY 24; 8 A.M.

First place winners will qualify for the West Coast Wrestling Championships at Hunters Point Naval Shipyard, San Francisco, March 12-16, 1973. Call 2350.

12ND BOXING TITLE MATCHES TO BE HELD FEBRUARY 16-17; 8 P.M.

Awards will be provided by the 12ND for first and second place individual winners and team awards for first place for Group A and Group B.

First place winners will qualify for the West Coast Boxing Championships at Naval Station, San Diego, on March 19-23, 1973.

Check tournament rules and weight classes with Ron Brown.

INTRAMURAL VOLLEYBALL SEASON BEGINS

Last night Intramural Volleyball kicked off with its first games of the season.

LCDR Chas Woerz, who each Monday night is teaching the finer points of the game, indicates that with twice as many reporting for the practice clinic this year compared to last, the season holds great promise.

"The Olympic Games did much to stimulate interest in volleyball," Woerz reports. "The game is no longer a girl-only sport, and it has come a long way from the sandlot."

Beginning interest was sparked in the games played last year with Pharmacy and Dental being two leaders.

Do You Qualify For Sports' Award?

Reliable studies indicate that only one of every five adult Americans gets any regular, planned exercise beyond that required by his, or her, job.

It is widely recognized that regular physical activity is a boon to personal health and performance. The President's Council on Physical Fitness and Sports is launching a new program designed to bring these benefits to millions of Americans.

The Presidential Sports Award will be available to any man or woman, 18 years of age or over, who meets the qualifying standards in any of 31 popular participatory sports. You don't have to be an expert to win—just persistent. The basic principle governing qualification is 50 hours of participation, spread over at least 50 sessions, within a period of four months.

The idea, of course, is to encourage regular participation in sports in hope that it will become a lifelong habit. Won't you try it?

Ron Brown has the list and full information. Ext. 2350.

Interested individuals may obtain their qualifying brochures and personal log books by writing Presidential Sports Award, P.O. Box 129, Radio City Station, New York, New York 10019.



THE BOWLING CHAMPION HELEN DUVAL shows Chief Jose Santiago a trick or two for game improvement (Note the Chief's foot-foul?). Mrs. Duval gave instructions and demonstrated her bowling skill at NHO lanes on January 24.

FLEET RESERVE HOSTS ST. PAT'S DANCE

The West Coast Regional mid-year meeting of the Fleet Reserve Association will be held at 1:00 p.m., Saturday, March 17, 1973, at the San Leandro Veterans' Memorial Building. Conducting the meetings will be John J. Hamill, Regional President West Coast, and Ruth Haberman, Regional President West Coast, Ladies Auxiliary Fleet Reserve Association. Many members of branches and auxiliaries throughout the region will be present.

Following the meetings, members of Branch and Unit 10, Fleet Reserve Association, will host their annual St. Patrick's Dinner-Dance beginning at 6:30 p.m. in the dining hall of the Veterans' Memorial Building, San Leandro. The corned beef dinner will be followed by dancing to live music. Tickets may be obtained from branch members or at the door the night of the party.

For any further information, contact George S. Nilsson, 632-6316.

INTRAMURAL BASKETBALL STANDINGS

(As of February 7)

Anesthesia	33	Pharmacy	30
MSC	28	Special Serv	20
NP	35	ENT	24
GMO	50	IC	19

Super Treatment Given Tripsters

The 14 guys and dolls who hopped the bus at the entrance of the hospital on January 27 for Bing's Invitational Clambake were treated like royal, noble potentates. The group, besides being furnished free lodging Saturday night (in a town that can hardly furnish lodging at any price when that golf tournament is on) were also ushered ahead of the crowds and taken inside the ropes for grandstand seating.

When other attendees were reaching across the ropes for autographs of celebrities such as Jack Lemmon, Ernie Ford and James Garner, those and other stars, along with Arnold Palmer the golfer, wandered over to the Travis Air Force Base and Naval Hospital groups to offer handshakes. Free golfing hats were passed out by an Olympia Beer representative, Kentucky Colonel's box lunches were served, golf officials came over to offer a welcome. Why, oh why, didn't we all overflow that bus and go too?

Beware of the so-called whitening and brightening toothpastes. Whiteness and brightness are not necessarily signs of dental health.

Don't Read This!

Almost anything goes in advertising these days. All of it designed, of course, to grab your attention and motivate you to buy this or that particular product.

Some of the ads are sophisticated. Some as corny as the old trick of covering a show window except for one peep hole, then putting up a sign, "Don't look in here." That one still works, and so does the one of labeling a printed message "Don't read this." You know about that one.

Human nature being what it is, most of us can't resist the urge to take a quick peek or read what's supposedly forbidden.

Human nature comes into play again around such warning signs as "Danger Keep Out," "Keep Off," "Authorized Employees Only," "No Smoking," "Exit Only," "Hold Handrail." They're an invitation to some of the more adventurous to tempt fate. Testing a "Wet Paint" sign may not hurt you but tangling with some of these other warnings could be serious.

Curb the urge to do what the sign says not to do.

Can You Pass The Plaque Test?

Would you like a 5-minute course in preventive dentistry?

Learning what dental plaque really is, and unlearning a few things you have been taught for a lifetime just may bring you up to date on dental care! Don't just "brush your teeth." Learn to **Control the Plaque.**

All right. Plaque. Plaque. What is plaque?

Learn Plaque Definition

Dental plaque is a living sticky and transparent substance made up of millions of organisms from your saliva that adheres to the teeth. It forms in everyone's mouth daily. It is the bacteria which live in the plaque which do the damage. When you eat sugar and starches, the bacteria in the mouth use the same foods and produce acids as a by-product. Those acids cause decay. Tarter or calculus may also form. That is merely hardened plaque that forms in 2 days to 2 weeks. This rough bulky material allows more bacterial plaque to collect and cause further irritation to the gums. Continued irritation results in alteration of the bony support resulting in a pyorrhea or periodontal disease of the teeth which eventually loosens them.

Unlearn the Old

Remember the days when your dentist warned specifically that you should use a natural bristle only, hard fibers at that. Not any more you shouldn't. Who wants to wear down the tooth structure? The dental profession has been doing a lot of research, and now the recommendation is for a soft to medium nylon bristle brush. And that brushing up and down for gums is also passe. Hold your brush at a 45-degree angle; get it right up to the base of the gums and vibrate it (wiggly motion) between the teeth. The ends of the bristles should be placed at the junction of the gums and teeth, and the motion is a gentle back and forth one aimed at cleaning under the edge of the gums.

Don't quit now, remember to do the same for the inside too. And did you clean both the uppers and lowers? Now, stick out the tongue and get off that last hint of sweetness and bacterial plaque.

Did you once hear that just rinsing with water with a good strong swishing would help in a rush? Well, a little maybe, but only a little. No amount of rinsing with anything will remove sticky plaque that we are after in this year of updating, 1973. Eating apples, celery or other so-called "detergent" food has not been shown to effectively remove plaque. Also, the value of mouthwash is in making your mouth taste better and possibly in freshening your breath for a time. The bacteria that cause dental decay and periodontal disease are protected from the mouthwash by the plaque, which is water insoluble.

Use Dental Floss

Thorough brushing alone is not enough to get rid of all those bacterial deposits, because the toothbrush will never reach all the way between the teeth. For the advance training in preventive dentistry one must learn the correct use of dental floss. It takes plaque about 24 hours to form again after removal, so one daily session with the dental floss should suffice.

By far the best way to pass your test in plaque control is to visit your dentist and let especially trained personnel show you how to achieve that goal. Progress should be monitored. The finest dentistry is wasted and will fail in a short time if plaque is not removed carefully and regularly.

Take Plaque Test

One way to know that you are continuing to rid yourself of that insidious enemy that ravages mouths is to play detective by



using a disclosing tablet that will stain the plaque, but not the teeth. Or a small bottle of the dye can be purchased at the base exchange or in most drugstores. Simply ask for disclosing solution or tablets. After use, wherever pinkish-red shows on the teeth, there is where you must attack. Your earthly reward will hopefully be "No Caries," or no gum disease—as long as you live!

Preventive Care Is Ongoing

The Dental Service at Naval Hospital is pledged to the task and responsibility of providing the finest dental care available to all authorized personnel. This past week has been National Children's Dental Health Week. CDR Carlton J. McLeod, who heads the Preventive Dentistry Branch, emphasizes that the preventive dentistry program at Naval Hospital, Oakland, includes a continuing program for eligible personnel. Once each year children between ages of 6 and 18 should obtain a preventive dentistry appointment which includes examination, cleaning of the teeth, topical application of fluoride and instruction in plaque control and diet.

Eligible members make an appointment by calling 2291.

Navy Exchange Hours Change

The Navy Exchange Retail Store will be closed Monday, February 19, for Washington's Birthday and Tuesday and Wednesday, February 20 and 21, for inventory. The Beverage Store, building 102 and the Location Store, building 500, will be closed Monday only.

SPECIAL INVITATION GIVEN

The Thirtieth Anniversary Luncheon of the Women Marines will be held on Saturday, February 10, at the Marines Memorial Club in San Francisco, beginning with cocktail hour at 11:30, in the Main Dining Room. First Lieutenant Barbara Hamann, Assistant Public Affairs Officer from Twelfth Marine Corps District Headquarters will address the group on the subject, "What's New With Women Marines."

All former and active d Women Marines and their women guests are invited to attend. Reservations may be made by contacting Mrs. Emmy L. Sanford of Sunnyvale, telephone 408-245-2900, or Lenore Mathew 415-454-9150.

MAKE CORRECTION

On your pull sheet of Regionalization, page five, please note that CDR T. N. Markham, Naval Shipyard, Mare Island, Vallejo, should have telephone numbers changed to 707-646-2163/2146 or 253-2163/2146 (Auto-von).

Children's Dental Health Weeks Ends ? Not Really



AN INVESTMENT of \$1.00 can bring dental hygiene returns. Included in kit are disclosing tablets, brush, mirror and floss.

The OAK LEAF



Vol. 34, No. 31

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Friday, February 23, 1973

'Welcome Home' ~~POWs~~

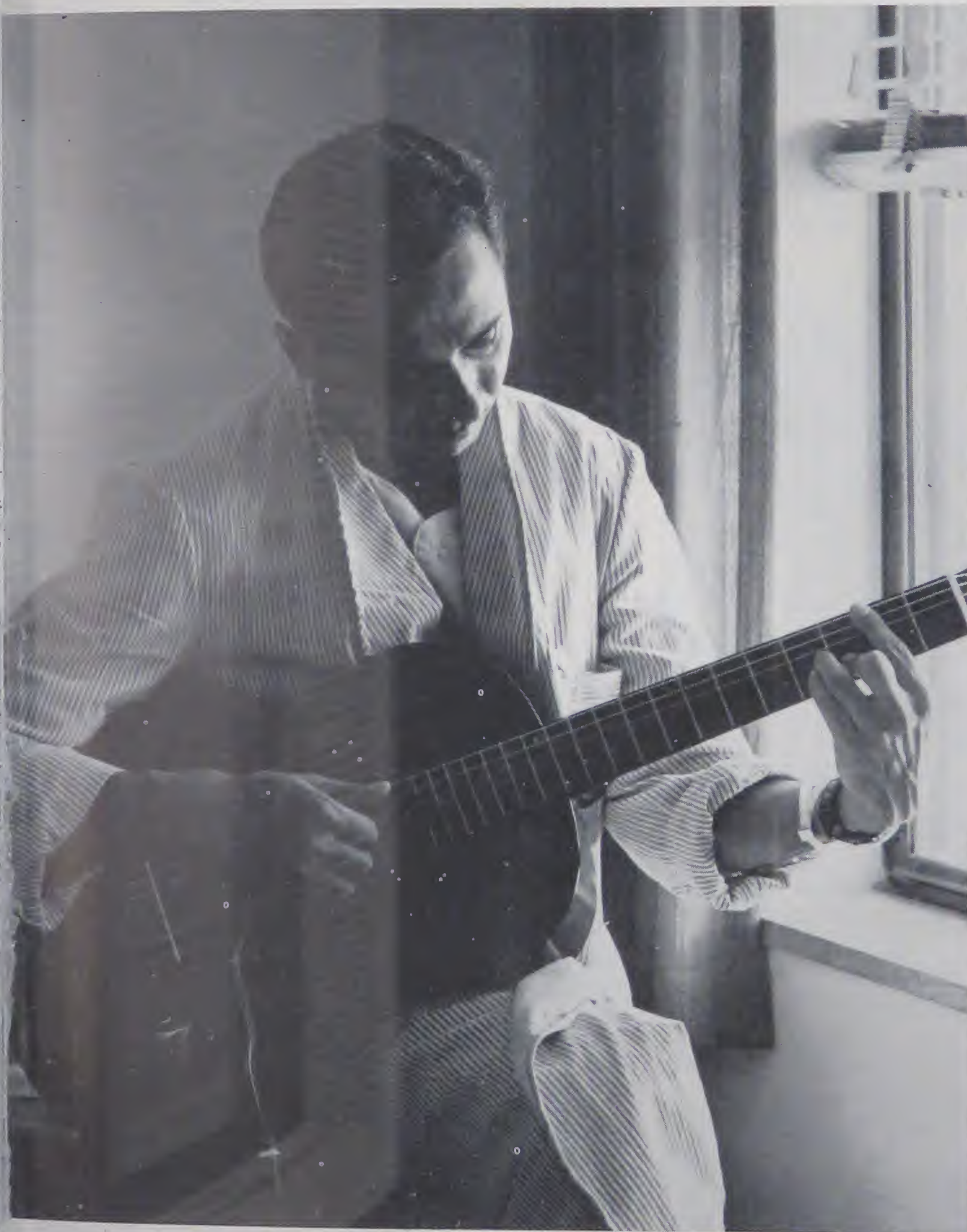


Photo by Ralph E. Wasmer

BEAUTIFUL SKY—Lieutenant Commander Everett Alvarez, Jr., relaxes with an old acquaintance in his room at the Oakland Naval Hospital. Commander Alvarez found time between doctor's appointments to play "Cielito Lindo" on his sister Delia's guitar after returning from a North Vietnamese prisoner-of-war camp February 16th.

Bits and Pieces

When Mrs. McKamey said, "This is the best Valentine I've ever had," or when CDR Pirie said, "The Golden Gate Bridge was one of the most beautiful sights I've ever seen," even an outsider has empathy to know what it meant. Also, there's years of extra meaning in the statement, "I went a lot of miles to get here."

Neither the ex-POWs nor their families are restricted in the giving of press conferences. Few have chosen to speak with the press; however, the press is restricted from interviewing them without their permission.

The father of LT COL Chapman thanked the media for understanding and cooperation in allowing privacy to the ex-POWs. He stated that his son was on Cloud Nine, and that "Incidentally, his parents don't have their feet on the ground just yet either."

The lounge contains volumes of annual summaries of news events which transpired during the years of 1965 through 1972.

It pleases all the 6-North guests just to be able to walk through a doorway.

Nine returnees have arrived at NHO. It is not known just when or how many men will ultimately arrive here.

Preparation for Homecoming began over a year ago. It has required the cooperation of all services and divisions of the hospital. Security, Public Works, and Transportation Divisions have been very active in planning. The Personnel and Patient Affairs, Clinical, Food Service and all medical and administrative services and divisions have devoted hours of extra thought and time to the operation.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
 CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
 CAPT Edwin B. Miller, MSC, USN, Administrative Officer
 Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
 HM3 N. G. Johnson

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

Carolyn Rhea in her small book "Such Is My Confidence" has made this reflection concerning life:

"FAITH"

"Faith is the 'white cane' for blind existence. Beyond this single instant of life I am totally blind. The maze ahead is obscured in darkness; each step holds potential terror. But Faith goes before me to feel out the way that I might with confidence continue my journey. Faith cannot see, but it can feel and conveys the message of having sensed the security of a safe surface upon which to tread. Thus, with Faith in my hand I need neither grope nor fear the terrors of darkness; for Faith leads step by step along the path to God."

The testimony and strength of this kind of faith has been voiced many times during recent weeks by our Returnees as they have spoken of faith in God and Country. The Apostle Paul said, "I have done my best in the race, I have run the full distance, I have kept the faith. And now the prize of victory is waiting for me. . . ."

LCDR JAMES R. PERDEW, CHC, USNR



HM3 STEVE ELFORD has completed a 6-month course to become a Urology Technician. CAPT Gilbert LeBlanc, Chief of Urology Service, presents a certificate to Steve.

Born at...

Naval Hospital on February 10, 1973, Stacy Lynn Hughes, 3 pound, 14 1/2 ounce daughter of Marlene and HN Daniel M. Hughes on February 18, 1973, Jennifer Jill Hattori, 6 pound, 9 1/2 ounce daughter of Eleanor and LT Rick N. Hattori

Movie Schedule

Friday, February 23
 RIVALS—Joan Hackett, Scott Jacoby—Suspense Drama (R)

Saturday, February 24
 LOCK, STOCK AND BARREL—Tim Mateson, Belinda Montgomery—Drama (N/A)

Sunday, February 25
 ALEX IN WONDERLAND—Donald Sutherland, Ellen Burstyn—Fantasy (R)

Monday, February 26
 SUPER FLY—Ron O'Neal, Carl Lee—Action Drama (R)

Tuesday, February 27
 THE HORROR OF FRANKENSTEIN—Ralph Bates, Kate O'Mara—Suspense Drama (R)

Wednesday, February 28
 DELIVERANCE—Jon Voight, Burt Reynolds—Action Adventure (R)

Thursday, March 1
 THE BUTCHER—Stephane Audran, Jean Yanne—Suspense Drama (PG)

Friday, March 2
 CRESCENDO—Stephanie Powers, James Olson—Mystery Drama (PG)

Saturday, March 3
 THE LOVE MACHINE—John Phillip Law, Dyan Cannon—Drama (R)

Sunday, March 4
 THE ANONYMOUS VENETIAN—Tony Musante, Florinda Bolkan—Drama (PG)

Monday, March 5
 NICHOLAS AND ALEXANDRA—Michael Jayston, Janet Suzman—Historical Drama (PG)

Tuesday, March 6
 THE ANDERSON TAPES—Sean Connery, Dyan Cannon—Suspense Drama (PG)

Wednesday, March 7
 JEREMIAH JOHNSON—Robert Redford, Charles Tyner—Drama (PG)

Thursday, March 8
 GONE WITH THE WIND—Clark Gable, Vivien Leigh—Romantic Drama (G)

WAVE IS JANUARY'S SAILOR OF THE MONTH



A first in the history of Naval Hospital, Oakland—a WAVE has been chosen Sailor of the Month.

Yeoman Third Class Mary Nanna became the celebrity of the Officer Personnel Branch, Military Personnel Division, and was presented red roses by her division upon being selected Sailor of the Month for January.

YN3 Nanna hails from Kingston, New York. Upon finding that she did not want to continue in college, studying sociology, she looked about for a new direction for her future. She chose to Go Navy!

Her peers and supervisors state

that she has knowledge of each desk in her division, is exceedingly courteous and conscientious even under stressful situations, is immaculate in military appearance and has helped greatly in accomplishing the extra administrative tasks involved with "Homecoming."

Yeoman Nanna has one more year of military service. After that, if she does not decide to reenlist, there is a possibility she may seek out a civilian position at Naval Hospital. She definitely likes the Bay Area and vows her allegiance to Naval Hospital.



PLAYBOY BUNNIES made deliveries of fresh flowering plants to the ward of Returnees prior to their arrival, and distributed flowers, candies and "Playboy" magazines on the wards of Naval Hospital.

Returnees Touch Down at NHO

... on February 14, 1973, LTCOL HARLAN PAGE CHAPMAN, USMC, captured on November 5, 1965, in North Vietnam, while on bombing mission. Born in Elyria, Ohio. Age 38. Married. One son, Harlan, Jr., age 13, Home, Fremont, Ca.

COL Chapman has no significant medical problems to report upon. He plans a weekend away from the hospital on liberty with members of his family. In the near future, additional routine consultations are planned.

... on February 14, 1973, CDR JOHN BRYAN McKAMEY, USN (pilot), shot down on June 2, 1965, while on a combat mission over North Vietnam. Born, Greencastle, Indiana. Age 37. Wife, Nancy, and 3 children, Janice, 14; Jacquelyn, 12; John, 8. His parents, Mr. and Mrs. Oscar L. McKamey, live in Plainfield, Indiana. Home of record, Fillmore, Indiana. Present home, Lemoore, Ca.

CDR McKamey is eating well, sleeping well and continuing to receive physio-therapy for what is felt to be a small retained foreign body in his left foot.

... on February 15, 1973, CDR THEODORE F. KOPFMAN, USN (pilot), shot down June 15, 1966, while on a combat mission over North Vietnam. Born, Toledo, Ohio. Age 41. Wife, Margie, and three children, Douglas, age 15; Daniel, 12; Karen, 9. Home of record, Kent, Ohio. Present home, Lemoore, Ca.

CDR Kopfman has again resumed an active exercise program doing back flips and one-arm pushups and handstands.

... on February 15, 1973, LCDR RODNEY A. KNUTSON, USNR (radar intercept officer), shot down October 17, 1965, while on a combat mission over North Vietnam. Born, Billings, Montana. Age 34. Single. Son of Mr. and Mrs. Arvin M. Knutson, Billings, Montana, his home of record.

LCDR Knutson continues his medical evaluation; X-ray studies of the kidneys and large intestine have been normal; he is in very high spirits and has continued a vigorous exercise program.

... on February 15, 1973, LCDR WILLIAM L. SHANKEL, USNR, (pilot), shot down December 23, 1965, while on a combat mission over North Vietnam. Born in Angels Camp, Ca. Age 33. Single. Son of Mr. and Mrs. Arthur M. Shankel, Jackson, Ca. Home, San Andreas, Ca.

LCDR Shankel is in excellent physical and mental condition and awaits orthopedic consultation for his knee.

... on February 16, 1973, LCDR EVERETT ALVAREZ, JR., USNR (pilot), shot down August 5, 1964, while on a strike mission in the vicinity of Hongay Harbor, North Vietnam. Born, Salinas, Ca. Age 35. His parents are Mr. and Mrs. Everett Alvarez, Sr., Santa Clara, Ca., which is LCDR Alvarez's home of record.

LCDR Alvarez's laryngitis has resolved; no medical problems to report on his physical condition.

... on February 17, 1973, LT KENNETH H. HIGDON, USN (bombardier-navigator), shot down December 21, 1972, over North Vietnam. Born in El Paso, Texas. Age, 38. Wife, Marian, lives in Barclair, Texas. His parents, Mr. and Mrs. Hilory C. Higdon, live in San Francisco, which is LT Higdon's home of record.

LT Higdon has no physical problem, save his fractured wrist which is being worked on actively.

... on February 17, 1973, LT ROGER G. LERSETH, USNR (bombardier-navigator), shot down September 6, 1972, while on a combat mission over North Vietnam. Born, Belle Fourche, South Dakota. Age 37. His wife, Jean, lives in San Francisco. His mother, Mrs. Lillian M. Lerseth, lives in Spokane, Washington, which is LT Lerseth's home of record.

LT Lerseth continues to feel very well and is planning for a period of convalescent leave prior to definitive treatment of his left femur fracture.

... on February 20, 1973, CDR JAMES GLENN PIRIE, USN (pilot), shot down on June 22, 1967, on a combat mission over North Vietnam. Born, Birmingham, Alabama. Age 37. Wife, Barbara Ann, and sons James, age 12; Bradley, 10; and David, 8, live in Lemoore, Ca. His mother, Mrs. Pauline P. Pirie, lives in Bessemer, Alabama. Home of record, Tuscaloosa, Alabama.

CDR Pirie had an emotion-packed reunion with his wife on arrival. His medical history and physical examination reveal no significant medical problems; he is in very good physical condition.

LT Higdon with his family chose to take an evening meal on the third floor at the Main Dining Room.

LT COL Chapman and LCDR Shankel have taken dinner with friends off of the compound.



ORCHIDS FOR A WIFE—LT. Roger Lerserth pinned an orchid on his wife, Jean, upon his arrival in the CONUS. The orchid was sent from President and Mrs. Nixon.

Bits and Pieces

When CDR McKamey was given a choice of fluffy rice on a menu, he said, "Are you kidding?" For breakfast he had pancakes, eggs, sausage, doughnuts and apricot juice.

The Oakland Tribune and the San Francisco Examiner are furnishing 10 free copies of their newspapers to the Homecoming 6-North Ward. Before that operation was initiated, HM1 Darrol Bennett's son was delivering several papers from his own newsbag to that ward.

Four public affairs officers from the 12th Naval District, one typist, one journalist, two other representatives and one DOD spokesman have been handling all press relations connected with Operation Homecoming. The lounge of building 501 is given over to accommodation of the press. Almost daily news briefings have been held by CDR Tom Coldwell, DOD/PAO representative. The Public Works Division has been timely and responsive in installing extra telephones and completing connections to accommodate electrical power needs both at the Homecoming headquarters, at the Officers' Mess, where the wives and families are incoming, and at many other areas.

None of the ex-POWs are getting to bed exceedingly early these days. Usual procedures are, after arrival at Travis Airforce Base, to proceed by Highway Patrol escort to Naval Hospital (taking a little over an hour), to greet the crowds at the hospital entrance, and then to have a private meeting on Ward 6-North with families. For some, the evening is frequently taken up with phone calls to other families of POWs, mailing of letters to them, watching of TV and enjoying generally the return to civilization.

EW3 Arthur K. Purvis, a patient in Dental Service while on TAD from Treasure Island, looked up and there in front of him, life sized, was CDR Kopfman, whom he and his wife had watched get off a plane at Clark Field and whose bracelet he wore. No wonder his heart played hopscotch! Arthur is keeping the Kopfman bracelet for sentimental reasons.

HM2 Peter Hankel-Shepherd is another who had his heart warmed when he learned that LT COL George McKnight, absent since November 6, 1965, had returned safely and was at David Grant Hospital. Peter went to that hospital to return the bracelet.

To see and to touch seems to be making things more believable to LT COL Chapman. Maybe it takes the five senses to help make being back home again become believable.

It seems that CDR McKamey finds it very pleasant to sit in Room 6 in Dental Service and watch out the window the flow of people in cars unfamiliar to him. Motorcycles, too. All new to him!

Mrs. Helen Samuels, wife of CAPT Samuels, Chief of Dental Service, has coordinated much of the activity planned at the "O" Club for wives and families of the returnees. The Officers' Wives' Club members signed up to serve as hostesses in the hospitality area, furnishing coffee, cookies and rolls; games for children under age 6 were gathered for the playschool; families having teenagers cooperated to entertain the older children of the returnees and offers of cars for shopping were made.



HIMSELF IN PICTURE IS A POEM—Lieutenant Kenneth H. Higdon, his wife Marian, and father and mother, Mr. and Mrs. Hilory C. Higdon of San Francisco, review photographic proof prints of the Lieutenant's arrival at the Oakland Naval Hospital February 17th. Lieutenant Higdon was held captive by the North Vietnamese since his A-6 Intruder was shot down December 21st.



TO SHARE WITH A SON—Lieutenant Colonel Harlan P. Chapman, shot down in November, 1965, shows his son, Harlan H., the personal letter he received from President Nixon upon his arrival at the Oakland Naval Hospital.



A BUSS THAT IS NO DR wife, Barbara Ann, after Mrs. Nixon. Commander name since he was shot



FAMILY PORTRAIT—AT LAST—The man held captive longest by the North Vietnamese, Lieutenant Commander Everett Alvarez, Jr., joined his family in their first portrait in 8½ years. Seated on either side of Commander Alvarez are his parents, Soledad and Everett, Sr. Standing behind him are his two sisters, Madeline and Delia.



LCDR WILLIAM L. SHANKEL home at last, after December, 1965, shoot down.



CDR REUNITED



FORGOTTEN—CDR John McKamey accepts the POW bracelets from his parents, Mr. and Mrs. Oscar McKamey, during their reunion at Naval Hospital, Oakland, California.



THE MAGIC OF A NAME—Fifty-five feet of names from Billings, Montana, are examined by Lieutenant Commander Rodney A. Knutson and his parents, Mr. and Mrs. Arvin M. Knutson of Billings. The citizenry of Billings sent Commander Knutson the lengthy telegram congratulating him on his release by the North Vietnamese after nearly 7½ years of captivity.

photos by

RALPH E. WASMER
12th NAVAL DISTRICT
PUBLIC AFFAIRS



James G. Pirie kisses his wife, Mrs. Pirie, who was sent by President and captured by the North Viet-



CDR JOHN McKAMEY



THE WORLD LOOKS GOOD whether upside down or rightside up.—Lieutenant Commander Rodney A. Knutson of Billings, Montana, continues the morning exercises he started during his internment in a prison camp in North Vietnam. The hand stand was mastered by most of the POWs in the camp.



FMAN
for 6½ years.

Who's Been Doing What . . .

Reserve Chaplain Collects Crosses



LCDR H. Earl Morris, Jr., with two large jewelry cases open in front of him, looked much like a salesman as he displayed his collection of crosses to an audience of eight chaplains.

Chaplain Morris is a reserve chaplain, from Sutter and Meridian, Ca., United Methodist churches. He was sharing his private collection with Naval Hospital chaplains while completing a tour of duty here. None of them had previously seen the nun's cross, which had the figure of Jesus on one side, and not Mary but a nun on the other. He had secured it one day while strolling in the Haight-Ashbury district.

His collection came from all over the world. There was one cross of horseshoe nails from Italy, an Ankh from Jerusalem, a carved ivory one received on a river boat in Vietnam, a flashed gold Spanish cross and a small crusader cross. A rather sentimental one was of plain clay, fired and baked, made especially for Chaplain Morris by an Indian friend. One cross at its center had a Swiss watch which keeps accurate time; one was of Nevada obsidian, one with the eye of God with the circle of eternity, one of filigree design with coral. The one of the 250 in his collection which is a favorite of the chaplain's was worn around his neck. It had compressed rubies from Shanghai, which he secured during World War II and had fashioned into a gold cross entwined with grapes symbolizing the scripture of the "true vine."

Perhaps one of the most heartening news items of all is that the returnees at Naval Hospital are coming through remarkably well on their physicals and have seemed to be in very good spirits.



LT WALTER A. OLLENBURG, MSC, Pharmacy Service, recently augmented. Sharing his augmentation ceremony is LT Dave Heston, MSC.

Construction Programmed For Fiscal Year 1974



Congressman Otis Pike (Dem.-N.Y.) was here to gather information on real estate matters and a military construction program. He was given a tour of the hospital by RADM Ralph E. Faucett, Commanding Officer, and a briefing as to hospital needs by LCDR David Fluharty, Chief of Public Works Division. The \$5.8 million project for the year 1974 would include hospital air conditioning, an electrical substation, a new warehouse and a new Chief Petty Officers' Mess and Enlisted Men's Club. The program would also include an entrance to the hospital off Keller Avenue.

Under the regionalization construction program a new dispensary will be programmed for Skaggs Island in fiscal year 1974.

Most of the returnees have been happy to learn of doubleknit suits. However, LT COL Chapman thinks it is going to be hard for him to get accustomed to wide ties.



CLASS No. 66 graduate NP technicians. Honor student of the class is HM3 Thomas Patten, pictured right, receiving special recognition.

NURSE
JANICE
HAMMOND
is
promoted
to
LTJG



HARKEN, WOULD-BE JANGOS

A new Jango Class will be starting April 28 open to daughters of military personnel between the ages of 13 and 20. The average size class in the past has been about 10 to 12 girls. Classes are from 9 a.m. to 3 p.m. for four Saturdays, which will be April 28, May 5, 12 and 19.

Deadline for applications are April 20; contact Mrs. Bush in the Nursing Service, ext. 2196, for applications.



TO CARE IS TO GIVE CARE—CAPT John W. Davis, MC, USN, Assistant Chief of Medicine at the Oakland Naval Hospital, has primary responsibility for medical treatment of the hospital's returning ex-POWs.

SPECIAL TOLL-FREE telephone service for veterans and their dependents in 96 cities in 29 states permits them to inquire about benefits by long distance to Veterans Administration regional offices. A newer system now operating in 14 states provides state-wide toll-free contact with VA for the entire veterans population. Numbers to call are listed in the white pages of telephone directories.



CREDIT UNION HAS NEW HOME



A new look gives a lift to the Alameda Coast Guard Federal Credit Union on Government Island. The opening of the new 6000 square foot building was kicked off by a Board of Directors' dinner held on January 27, which was attended by Mr. Woodrow W. Robarge, Member of the Board, our Administrative Officer, CAPT Edwin B. Miller, and Miss Peggy Griffin, Manager of the Naval Hospital Branch.

Open House of the Home Office Building at the Coast Guard Training Center is at 2 p.m. on Sunday, February 25.

All returnees are receiving debriefings. Complete physical and dental examinations are given and pay records are brought to date.

HM2
IDA
YOUNG
reenlists
for 4
More



Hail & Farewell

ENLISTED REPORTING

From Naval Hospital Corps School, San Diego, HAS Ernesto B. Mina, Rudy Ochoa, Adrian P. Stoner, Vincent L. Abe, James M. Thayer, HN James H. Poppink, HAS Clarence M. Moultrie and Dan H. Skiles, HNs Johnny R. Shipes, David E. Hollon, Walter D. Campbell, HAS Charles C. Rathmanner, Kenneth M. Owings, and Anthony F. Tavares.

From USS PERKINS (DD 877), HMC Matias P. Balajadia

From Naval Dental Center, San Diego, DN Ivory L. Brown and DA Judy Lininger

From U.S. Naval Hospital, Guam, M1, HM1 Charles J. Oslund

From Naval Hospital Corps School, Great Lakes, Ill, HN Linda R. Neilson, HA Vicki M. Meyer, HN Paul L. Moore, HAS John A. Sips and Larry G. Deason

ENLISTED DETACHED

To Naval Air Station, Moffett Field, HM1 Kymbron B. Decesare, Daniel W. Kennedy and Kevin P. Edson, HA Terrance S. Young

To Naval Station, Subic Bay, Philippines, HM2 Warren W. Plamann

To USS MARS (AFS 11), HM3 David R. Davis

To USS CORAL SEA (CVA 43), MM1 James Q. Crabtree

Released to inactive duty in Naval Reserve, HM3 Louis A. Silveira, HN Robert Quinonez, DT3 Martin T. Decarie, HM3s John R. Fullick, Eric L. Marquart, Monty R. McCoy, Louis Peters, III, Jack E. Schmidt, Richard E. Shannahan, Jr. and Daniel M. Matule, HM2 Harold J. Gerlt and Mikel McClain.

SPORTS

AND STUFF

Scenes by the Sidelines

By Ron Brown

NAVAL HOSPITAL OAKLAND WOMEN'S VOLLEYBALL TEAM CAPTURES 12ND CROWN

Practice makes perfect as seven women from the Naval Hospital Command proved last week, downing a determined team from Treasure Island to win the coveted 12ND Women's Volleyball championship for 1973.

The hospital team was a far cry better than the team they were several months ago when they started practicing on Monday nights at the picnic area.

After getting a slow start in the best of three games and losing the first game 15-12, the hospital's team came back to win the second and third games by scores of 15-4 and 16-14.

You couldn't ask for more excitement as they trailed 13-6 in the third game and came back to tie it up and then go on to win 16-14. With the score at 14-14, a team must win by two points, and that they did!

Our winning team members are pictured at upper right.

Team members received first place trophies and a team trophy which they presented to the Commanding Officer.

INTRAMURAL VOLLEYBALL STANDINGS

(As of February 23)

Team	W	L
Food Service	2	0
OR	2	0
NP	1	0
Surgery	1	1
PT	1	1
Anesthesia	1	1
Pharmacy	0	1
OB-GYN	0	2
ENT	0	2

Results of Games of February 22

OR defeated OB-GYN—10-15, 15-11, 15-3.

Anesthesia defeated ENT—15-9, 6-15, 15-7.

NP defeated PT—15-5, 15-8.

Food Service defeated Surgery—15-1, 15-7.



LT. COL. HARLAN CHAPMAN, USMC, autographs one of the many posters decorating the walls of the Naval Hospital at Oakland. The poster was made by Beth Greenstein and Mary Ellen Fish, Grade 5 of the Camino Pablo School. He wrote, "Thank you very much, God Bless you," followed by his signature.

PHARMACY DEALS NP LEAGUE SHOCKER

The 1973 Intramural Basketball league is without an undefeated team now as Pharmacy pulled off one of the biggest upsets of the season as they knocked NP from the unbeaten ranks with a 41-29 win.

Pharmacy was able to pull off the win with a balanced scoring attack led by Price with 12 points followed by Green with 11. Markers, Kolling, Stacey and Simpson each had 6 to round out Pharmacy's scoring. Although not scoring but playing a big part in his team's win was team Captain Dave Heston. Olsson led NP with 8 points followed by Penn with 5.

NP leads the league with a 7-1 record followed by Idle Anesthesia who sports a 7-2 record; along with ENT who has 6-2 also.

ENT kept pace in the league race with a commanding win over OR by a score of 87-29. This was the highest points scored in the league this year.

ENT had four players score in double figures, spearheaded by Kindred and Pierce with 25 and 23 points.

Weisburg split the net for 17 points with Gerwels adding 10. Osterholm led OR with 8 points on 4 field goals. Hansen followed with 6 markers.

MSC defeated the Interns 45-28. The Interns were in 5th place in the league with a 4-3 record and dropped to sixth place and now sport a 4-4 record; still not bad in this league. The win by MSC pulled them even in the standings with the Interns.

Bradford led all scorers in the contest with 15 points on six field goals and three free throws.

Coutts aided MSC's cause with 14 points as he had one of his best nights of the year. Rieb led the Interns with 8 points. Special Services squeaked by GMO by a score of 40-35. Poppink led the winners with 11 points as did Meredith for GMO. Smith tallied 10 points, followed by Travares with 9 points for Special Services. Nofsinger and Arlin each contributed 10 points for GMO.

In the only other game played, ORTHO dealt IC another blow as they won 50-18.

Ring led all scorers in this game with 19 points on nine field goals and one free throw.

Wood followed with 10 points. Jasper led with 8 points on three field goals and two free throws for IC.

Games Scheduled for February 28

Pharmacy vs IC—6:30 p.m.

OR vs NP—7:30 p.m.

ENT vs Interns—8:30 p.m.

Special Services vs Anesthesia—9:30 p.m.



NAVAL HOSPITAL'S 12ND WOMEN'S VOLLEYBALL CHAMPS are top row: Jeri Kirk, Alicia De Prima, Denise LaFlamme, Margueritta Bury (coach), Audrey Elderts (coach). Bottom row: Vel Sklover, Arlene Sutherland, Diane Marshall, Linda Jackson.

INTRAMURAL BASKETBALL STANDINGS

(As of February 22)

Team	W	L	Pct.
NP	7	1	.875
Anesthesia	7	2	.778
ENT	6	2	.750
Ortho	5	2	.714
Pharmacy	5	4	.556
MSC	5	4	.556
Interns	4	5	.444
Special Services	3	5	.375
OR	2	6	.250
GMO	2	8	.200
IC	1	8	.111

Ortho	47	Interns	30
Special Serv	44	OR	29
MSC	55	IC	15
Anesthesia	51	GMO	19

Bambico Out To Defend 12ND Boxing Title

DT2 Van Bambico of Dental Service is in quest of his second straight 12ND boxing championship in the 119 pound class.

Bambico traveled with the 12ND boxing team to Nevada on Tuesday, February 13, 1973, in tuning up for the 12ND championships on February 27-28 at Treasure Island; he met Jim Jimisin in his weight division and proceeded to win by TKO over Jimisin.

Keep the dates in mind! February 27-28, 1973, at Treasure Island gym. Come out and support Van.

ARMED FORCES WEEKENDS

at Disneyland

MARCH 17 and 18 ★ MARCH 24 and 25

SPECIAL "WEEKEND PASS" TICKET BOOK
INCLUDES SATURDAY & SUNDAY ADMISSION
AND 12 ADVENTURES OR ATTRACTIONS OF YOUR CHOICE
\$17.50 Value

\$5.25

PER PERSON

Only active duty and retired personnel and their families eligible!

LIMITED NUMBER OF TICKETS ON SALE... ONLY AT SPECIAL SERVICES OFFICE!

UNIFORM NOT REQUIRED

NO TICKETS WILL BE ON SALE AT DISNEYLAND!

'1973 Is Our Year' One Wife of MIA Says

Mrs. Mae Rose Evans knows what it means to be the wife of one who is Missing-in-Action. She has been such a wife for 8 years.

On Valentine's Day, when at Trader Vic's at the Berkeley Marina at an Officers' Wives' Club luncheon, her fortune cookie read, "You are going to change your present line of work."

"Let's hope so!" Mrs. Evans laughingly said, because for many years she has been one of the hardest working wives of the nation. She has been working with the National League of Families to bring attention to the needs of our MIAs and POWs. Initially there were 100 persons missing in action. Through organized concern, that figure has jumped to over 1600 known MIAs.

When Mrs. Evans first started on her own Let-Them-Not-Be-Forgotten campaign some of our citizenry did not know that we had men missing in Laos; some were unaware what the acronym POW stood for. Workers like Mrs. Evans alerted many that POWs were not having nice days.

Mrs. Evans, with good humor, told the Navy wives that there is a tendency to treat wives of MIAs somewhat like oddities. Friends of friends whisper in her presence, "What do you talk about? What can we say to her?"

Although the Evans' son was in third grade when her husband departed and is now 6 feet, 1 inch tall and in Junior High School, Mrs. Evans assured her listeners that they were real flesh and blood and like many other families had learned to "face up" and cope with daily living. Meanwhile, be certain that she will not forget.

Tailgaters usually find themselves on top of the problem.

Drivers who pass on hills don't make the grade.

EXCHANGE CAFETERIA OPENS



Ribbon cutting for the opening of the Navy Exchange Cafeteria was performed by RADM R. E. Faucett on February 15, in time to be of service during "Homecoming." Mr. Ray E. Laverty, Branch Manager of the Navy Exchange, is at the Admiral's left.

The cafeteria in the Community Services Building (building 38) has been closed for renovation since mid-summer. All-new equipment has been installed, including refrigerators and freezers, a grill, fry vats and new furnishings. The prices are in accord with those at the Snack Bar, 3rd floor, building 500. Hours of operation will be from 9:30 a.m. to 4:30 p.m. Monday through Friday. A few tables are arranged on the outside deck where one might enjoy sunlight over a soft drink and noon-day hamburger.

Don't Take Them Off . . . Yet!

The instruction has been given that the POW-MIA bracelets should be worn until such time as ALL of our men are safely returned to their families. Spot checking at Naval Hospital, Oakland, has revealed that with the signing of the peace terms and the return of a few of our former prisoners of war, in celebrating enthusiasm the trend has been to remove the bracelets.

Remember that many POWs and MIAs are still absent from our shores; many remain unaccounted for and have not taken on the new name "Returnee."

Put your bracelet back on until the safety of "your" man is confirmed and keep it on until ALL our men are back home or otherwise reported.

At Naval Hospital, bracelets were sold through the Patient Coordinator's Office. GMG2 W. S. Chambless, of that office, estimated that about 600 bracelets were sold at this facility, another 2000 bumper stickers were given out and about 1000 buttons, 500 telephone stickers and 200 or more match books. However, records were not kept of who received whose name.

Vice Admiral G. M. Davis, Surgeon General, Retires

Vice Admiral George M. Davis, the 25th Surgeon General of the Navy, retired on January 31 in a colorful ceremony held at the National Naval Medical Center, Bethesda, Maryland.

Admiral Davis, who was appointed by the President, assumed his duties on February 1, 1969, for a period of four years and in July of 1972 was awarded the Distinguished Service Medal for



his distinguished performance. He completed a career of more than 30 years of naval service during which time he served at a variety of stations, including duty with the Marines in the South Pacific during World War II. Prior to his assuming the office of Surgeon General of the Navy he served as the Deputy Surgeon General for a period of 11 months. He also commanded the Naval Hospital, Yokosuka, Japan, the Naval Hospital, Bethesda, Maryland, and the National Naval Medical Center at Bethesda.

The Davis' will retire to the Orlando, Florida, area and have no immediate plan for the future other than to enjoy their retirement.



NAVAL RESERVE MEDICAL COMPANY 12-6, under the command of CAPT Robert L. Nolan, MC, USNR, far left, grows bigger and stronger. Their meeting of February 7 brought the company

together for a full dress review. CAPT Vernon H. Fitchett, Chief of Surgical Service, was speaker of the evening.

The OAK LEAF



Vol. 34, No. 32

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Friday, March 9, 1973

DOG-DOGS and CAT-CATS To Get Shots

There will be a savings for dog and cat owners (Military, active and retired) who bring their pets to the Animal Shot Clinic, March 16, at building 101, between 9 and 12 a.m. CAPT Paul Elwell, Veterinarian from the 6th U.S. Army Corps, will be on hand at the Regional Preventive Medicine Center to administer rabies shots (\$1.00) and DHL, the Distemper, Hepatitis, Leptospirosis three-in-one shot, for dogs (\$3.50) and distemper shots for cats (\$2.50).

It is strictly forbidden that these animals be permitted to chase the doctor; therefore, dogs will be on leashes and cats are to be held or otherwise confined.

'APPRECIATION DAYS' Begin March 15

Money-saving values at the Navy Exchange and Commissary Stores in the area will be the highlight of "Appreciation Days," which will be held from March 15 to 31 throughout the world. All authorized customers are invited to join the celebration marking the Navy Resale System's salute to the members of the area Navy Exchange Commissary Store Advisory Boards.

For 15 shopping days, customers may take advantage of an assortment of goods and services at reduced prices. The merchandise being offered during this event covers the spectrum of quality brand-name items with minimum savings of 15 percent to 20 percent below regular prices. Some special buys will offer savings of up to 40 percent.

Selected items of men's and women's wear, photographic equipment, household appliances, personal care items, dinnerware, power tools and radios are among the many things that will be offered at special prices. In the Navy Exchange service departments, bargains will be found at the beauty salon, service station, the EM Club and other facilities. In all, the Navy Exchange was able to choose from a list of 353 retail items and 35 service department

specials that will be provided for this once-a-year event.

The Navy Commissary Stores of the Bay Area will be offering savings on a number of items selected by the Officer in Charge who was able to select from over 100 retail items. Selections were made by the management of these resale activities to reflect the items that you, the customers, would want the most.

In addition to price reductions, door-prizes and other special events are being planned as part of the celebration. More details are available at the exchanges where posters and flyers will give the full story. Visit your Navy Exchange, service departments and Beverage Shop now and find out what's happening.

"Appreciation Days" are in your honor... enjoy them to the fullest; have fun and save money.



SHARING THE SAME ALMA MATER, Indiana University School of Medicine at Indianapolis, LT J. E. Noffsinger, Pediatric Resident, LT G. L. Meiman, Intern in Psychiatry, and LT K. C. Castor, Pediatric Intern, trade a few memories with Admiral Faucett in his office.



"Involvement" is the word to describe the American Red Cross.

In the 1971-72 fiscal year, 1,661,565 adults served as Red Cross volunteers. Another 2,658,100 persons voluntarily donated their blood through the organization; 7,165,100 students took part in Red Cross service programs in schools; and 36,423,804 Americans gave financial support through their Red Cross membership contributions. A lot of people were involved. Were you?

During that same period, the American National Red Cross expended \$175,987,652 in helping disaster victims, aiding servicemen, veterans, and their families, and in providing food for the ill and injured, safety and health training, and its other services to the American public.

The second largest item of expenditure during the year was \$53,816,926 for the organization's service to members of the U.S. armed forces, veterans, and their families.

THE SHORT SHEET

Legislative Retirement Changes Will Affect Military

A DOD-wide campaign explaining proposed military retirement changes is in progress. Type commanders/commandants of naval districts are the primary link between BUPERS and the Navy community. The subject is complex and vitally affects even those who do not consider themselves career-motivated. Rationale for proposed legislation for implementation of revisions to the retirement system is included in the campaign, and opportunity will be afforded through briefing sessions (by trained briefers) to have questions answered. Action lines, autovon 225-1555 or 224-1536, have been established to answer immediate queries.

Sailor Awarded Chicago's Highest Award

Corpsman Recruit Donald G. Smith and his friend Jardin Williams subdued two attackers who were assaulting a city traffic patrolman in downtown Chicago. They disarmed the assailants and held both men until more police arrived. For their fearless action they were awarded The Medal of Merit, Chicago's highest award.

Navy and Air Force Flyers Rescue 400

"Operation Sheeplift" transported almost 400 sheep to safety and helped avert additional economic disaster for the farmers of Iceland's Westman Island of Heimaey, endangered by an erupting volcano. Three Navy C-117's were stripped of their seats in preparation for the evacuation.

Race Relations Seminars Are Taught by Trained Specialists

Flag officers have completed race relations seminars designed to increase awareness and to spark commitment toward the elimination of any racist attitudes or practices in the Navy. The instructors were trained at the Defense Race Relations Institute at Patrick Air Force Base, Florida, and at a Special Navy School at Key West. Each seminar is taught by a five-man team made up of both officer and enlisted specialists.

Retired Time in Grade for Retirement Changes

Officers in pay grades W-3, W-4, O-5 and O-6, except those with 14xx or 25xx designators, may retire with less time in grade than previously required. There is a time limit for requests. BUPERS Notice 1811 of February 1, 1973, provides details of the new policy.

USS Jesse L. Brown, Destroyer Escort, Commissioned

A new Knox Class Destroyer Escort has been commissioned and named after the Navy's first black naval officer and aviator to lose his life in combat during the Korean War while giving close air support to Marines fighting near the Chosin Reservoir. Ensign Brown perished in the wreckage of his plane.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor, Jo Spivey
Photography HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM3 N. G. Johnson.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

"I WILL"

The Marine Corps has a saying that goes something like this: "The difficult we do immediately—the impossible takes a little longer." Daily, everyone of us faces tasks that we didn't expect and would rather not do. But just the minute we make up our minds that "I must do it" or "I will do it," the work generally proceeds according to plan. Henry Ford once said: "Do you know the difference between the wise man and the fool? Well, the wise man knows a thing can't be done until some fool who doesn't know that it can't be done comes along and does it."

Why not apply this principle to our lives? "I will" love God. "I will" love my neighbor. "I will" be a good citizen—a good citizen of deeds and not only of words. We have everything to gain and nothing to lose.

LT ROBERT GROTHAUS, CHC, USNR

Movie Schedule

Friday, March 9

WILLARD—Bruce Davidson, Elsa Lancaster—Horror (PG)

Saturday, March 10

NO BLADE OF GRASS—Nigel Davenport, Jean Wallace—Adventure (R)

Sunday, March 11

INVESTIGATION OF A CITIZEN ABOVE SUSPICION—Gian Maria Volonte, Florinda Bolkan—Suspense Drama (R)

Monday, March 12

RAGE—George C. Scott, Richard Basehart—Drama (PG)

Tuesday, March 13

SHOOT OUT—Gregory Peck, Pat Quinn—Western (PG)

Wednesday, March 14

AVANTI—Jack Lemmon, Juliet Mills—Comedy (R)

Thursday, March 15

MINNIE AND MOSKOWITZ—Gena Rowlands, Seymour Cassel—Comedy (PG)

Friday, March 16

PIGEONS—Jordan Christopher, Jill O'Hara—Comedy (R)

Saturday, March 17

SOMEONE BEHIND THE DOOR—Jill Ireland, Anthony Perkins—Drama (PG)

Sunday, March 18

MADRON—Richard Boone, Leslie Caron—Western (PG)

Clinical Assembly—Building 500
7 p.m.

EXEC-LINE

Most of the secretaries at the Naval Hospital are using outdated Zip Code books. To obtain a current edition, the books now being used must be returned to the Main Post Office, Oakland, where they will be exchanged without cost. Is it possible to have men and transportation available to pick up the obsolete copies and replace them?

The 1973 Zip Code book is in print, but the U.S. Postal Service in Oakland at present does not have a supply—their stock is dated 1964-1965. When copies of the new publication are received, the U.S. Postal Service will exchange new books for the old. At such time we will run a notice of their availability and arrangement for exchange in the Plan of the Day.



DRS. YAKAITIS AND TIRRELL in the "Back Room" study area.



MOST VALUABLE MEMBER is Secretary Helen Rutz.

The right kind of person is the one who does it all, does it best, wasting nothing of resources or human potential.

The results that kind of person achieves will turn around public image—bring into proper focus the current distorted picture—enhance the security of this great Nation.

Tomorrow morning, while you are brushing your teeth, look at the mirror—do you see the right kind of person?



LATEST RESEARCH PROJECT is reviewed by Drs. Richard Fraioli and Lee Sheffer.



CONSULTANT DR. TED EGER, from the University of California San Francisco Medical Center, conducts a Thursday afternoon seminar.

Anesthesiology

... at your Service

By LT Richard Tirrell, MC, USN

(Editor's Note: In this and future issues of "The Oak Leaf" the services from "A" to "U" (Urology) will be introduced. Today, we introduce Anesthesiology, that Service which occupies part of the fourth deck of Naval Hospital.)

What It Does

The Anesthesiology Service at the Naval Hospital, Oakland, is active in all phases of clinical and academic training and research. Over 5000 anesthetics are given each year for surgical procedures alone; more than 300 special techniques are done by the Service on consultation to other services, as diagnostic or therapeutic blocks or for labor and delivery.

The Service oversees the work of the Inhalation Therapy Branch and holds consultations daily for patients with respiratory problems, both as outpatients or in the Medical or Surgical Intensive Care Units. Expanded coverage is also provided to the Labor and Delivery area, to increase the availability of epidural anesthesia.

The Staff

At the present time, the Service is composed of eight full-time staff members, two nurse anesthetists, four first-year residents, three second-year residents, two third-year residents, and two anesthesia interns plus one or two trainees from other departments or stations. Residents spend time in the Inhalation Therapy Branch, the Labor and Delivery area and in Cardiology and Chest Medicine on optional rotations. Outside rotations include 2 months at the Los Angeles Children's Hospital for pediatric anesthesia, 1 month at the University of California San Francisco for obstetrical anesthesia and 1 month at Stanford Medical Center for experience in cardiovascular (open heart) surgical anesthesia.

Professional Papers

Areas of investigation and research papers presented by staff members include "Recovery Room Anesthesia" by Dr. Lee Sheffer, presented in Kyoto, Japan, September 1972; "Apneic Oxygenation" by Dr. Richard Fraioli, presented in Seattle, April 1972; and in March 1973 in Dallas and in Miami the "Use of a Portable Videotaperecorder in Anesthesia Training" will be given by Dr. Richard Tirrell. Studies for the future are on narcotic levels, and lung volumes during anesthesia.

Interests

Members of the Anesthesiology Service have varied backgrounds and interests. CAPT Harold N. Dean, Chief of Anesthesiology Service, had residency training in OB-GYN before his anesthesia residency at Bethesda. He is a Clinical Consultant at U.C. San Francisco, and his other activities include travel and camping with his family.



IT TAKES CONCENTRATION in an Operating Room situation, and Drs. Bill Dolan and Nick Workhoven give full attention to duties.

CAPT. John L. Steffenson has continued his interest in research following his Fellowship at U.C. San Francisco's Cardiovascular Research Institute. His hobbies include fishing, camping, nature study and photography.

Dr. Rex A. Stout is a "special block procedures" adviser. He served at San Diego and in Vietnam. He enjoys fishing, hunting and target shooting.

The State of Nebraska is well represented by Drs. Max Dean and Nick Workhoven, who are

"elderly" sports enthusiasts of skiing and intramural basketball.

Dr. Vaud Burton and Dr. Roy Barteo extoll the virtues of Colorado; their interests are in hiking and climbing.

Dr. Robert VanValkenburg brings a varied background to his anesthesia residency; he was a history major at Yale, performed research in neurophysiology in Seattle; built a 28-foot sailboat and knows computer programming and printing.

Dr. Fraioli works (?) at fishing and poker—when not preparing his latest research project with Dr. Sheffer. They both drive matching MGBs.

Dr. Tirrell enjoys intramural softball and basketball—when he is not producing programs with his videotaperecorder or working on obstetrical anesthesia.

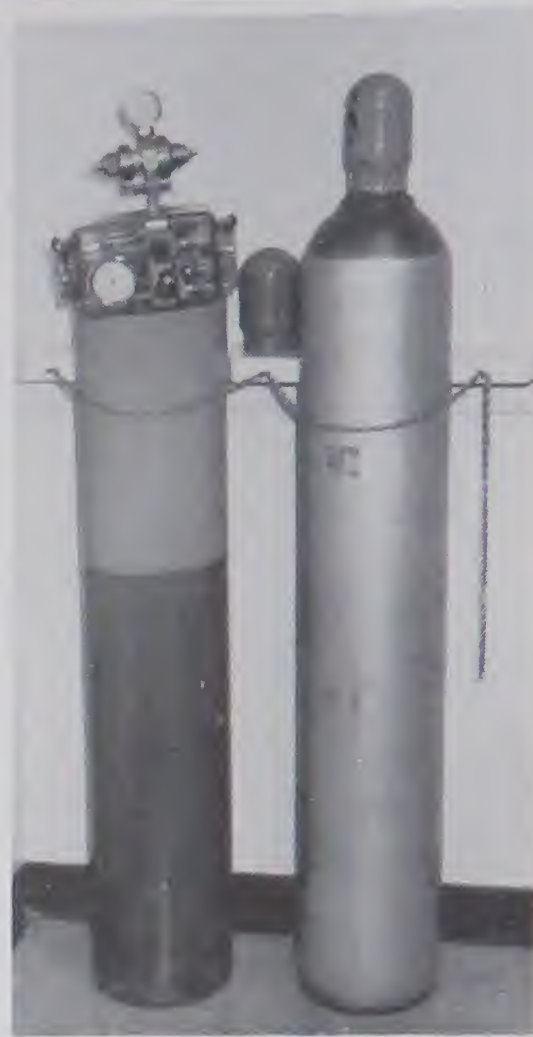
Mr. Jim Francis has a variety of interests in his off hours, including motorcycling, stereo, ham radio (as an enlisted man he was a CT2) and photography.

Number One

Tabbed the most valuable member of the Service is its secretary, Helen Rutz, who "does the work of at least three people in her duties as receptionist, typist and scheduling coordinator." She is a retired housewife who returned to NHO in 1967. She relaxes at home with sewing, gardening, bridge and reading.

Outside Activity

A close working relationship is maintained with the Department of Anesthesia at both Stanford and the U.C. San Francisco. A regular exchange of staff consultants and lecturers provides a cross-flow of the latest advances and



GOOD SAFETY pictured here. Chief Donald Clark, Safety Inspector, performs inspection of this and similar protection on a continuing basis. The precaution (Inhalation Therapy area) of chaining oxygen tanks to a wall in an upright position is one aid toward preventing serious disaster.

techniques. In April, the Service will host the Eleventh Annual West Coast Anesthesia Residents' Research Conference, to be held at the Claremont Hotel in Berkeley. Other activities include the annual picnic, wine-and-cheese tasting parties, outdoor opera at the Paul Masson vineyards and a farewell banquet at year's end.



LTJG ALLISON WILLIAMS and HA Tim Luloff continue anesthesia vigilance in the Recovery Room.



ROLL
'EM



LCDR M. KEMP, SC, USN, arrived at Naval Hospital from the Navy Finance Center, Cleveland, Ohio, to go over the pay records of the ex-POWs.



LCDR WILLIAM L. SHANKEL, one of NHO's Returnees, had a weekend away from the hospital February 24 to marry the girl who waited. At his news conference the following Monday, news media quoted him as saying, "I'm adjusting."

Christmas in February ?

THREE MORE RETURNEES touched down at NHO yesterday—CDR Richard Stratton, LCDR Charles Stackhouse and SGT Richard Burgess.



Why not !

Returnees at Naval Hospital who had "just missed" Christmas received their gifts at last.

Each year some 1900 individuals and organizations contribute to make Christmas at veterans' hospitals in the Bay Area a bit more cheerful. Comb and brush sets, writing kits, personal items, travel cases and many gifts from Santa were still waiting for our ex-POWs. Mr. Warren Engstrom, President of the Veteran Hospitals' Christmas Committee, and LT D. D. Thorson, of Special Services, made the deliveries—since Santa Claus was already busy at work for his 1973 season.

More Returnees Land

CDR Charles Southwick and LT Gary Thornton, shot down in 1967, arrived at NHO on March 7. CDR Kopfman, LCDR Alvarez and LT Col Chapman and a large crowd were on hand to say "Welcome."

"Regard and affection should be going the other way," CDR Southwick said, "Your support made a difference."



BEHIND-THE-SCENES workers may sometimes be forgotten, but not these. LT COL Chapman took time to remember the hard-working telephone operators with a "Thank you. Not only your help and cooperation, but your cheery voices have helped to make my homecoming, if possible, more pleasant." Barbara Dudesilich and Meredith Austin, with three more temporary operators, have kept the switchboards open on a 24-hour basis during homecoming.



"SAY AHIIIH." LT Richard Jon Horner, MC, USNR, is part of the Primary Care Team for Operation Homecoming. That Harvard Medical School cum laude graduate helps check on the health progress of the ex-POWs each morning, and his patient is CDR John B. McKamey, shot down in 1965.

Photos by

#M1

Steven L. Spring



ON
CAMERA



At the news conference granted by LCDR Everett Alvarez, Jr., a reporter was overheard saying that he was "Thunderstruck" by the coverage "I've never seen anything like this even for the Joint Chiefs of Staff—not since 'my war' when Admiral Nimitz returned."

What was the impression LCDR Alvarez received on his night "on the town" with friend Joe Kapp? It was "almost as if it were yesterday, and it surprised me that I was able to have a good time just like I used to." Readjustment? "I'm there."

What one thing sustained the Lieutenant Commander? "My belief in my family, my Government, and in God with prayers—those were the primary factors that saw me through."

At his press conference, CDR Theodore F. Kopfman was asked what was the darkest point for him after he was shot down on June 15, 1966. "The first 5 seconds," he answered. How had his philosophy changed over those years? He said he was more tolerant, and where formerly he was never late for anything, now he doesn't like being in a hurry for anything.

CDR John Bryan McKamey also said that over the years he felt he had grown more compassionate toward his fellowmen, and with his



maturity he became less sarcastic. CDR McKamey is not certain whether he will ever get to know his 8-year-old son (who was age 1 when he left him) because "John never stays still long enough to get acquainted. He is on after burner all the time."

On March 6, LT Roger Lerseth was undergoing surgery for removal of a metal rod, about a foot long and 5 millimeters in diameter, in the left femur. The operation was successful and the prognosis is "excellent."

Generally our own returning POWs have felt that anti-war activities did encourage the enemy, causing them to hold out longer. Too, there has been nothing favorable said about the granting of amnesty. The men plan to stay in the military service, and show an eagerness "to return to operational status as quickly as possible."



THE MEDIA MOVED IN EN MASSE



The Whirling Sound
of TV Cameras
and the
Clickety Clicks
of Shutters
Provide Background
Accompaniment
at all
Press Conferences



HRO OFFERS HOUSING HELP

The Housing Referral Office (HRO) provides a service primarily by assisting patients and staff in locating nondiscriminatory off-base housing. The HRO maintains listings of apartments and houses which encompass a wide range of locations, rental rates and sale prices. All military personnel reporting for duty are required to check in at the HRO prior to seeking housing in the community.

Any minority person who seeks housing and has reason to believe he has been discriminated against should contact the HRO and file a formal complaint against the owner, manager or agent who acted in a discriminatory manner.

Discrimination is illegal! Your HRO can assist in eliminating discrimination. The HRO is located in Building 60A, Telephone 639-2309/2532.

Exercise Class Started

Navy wives, officer and enlisted, wishing to say goodbye to a few pounds, are invited to meet at the gymnasium, building 38, at 9 a.m., Mondays, Wednesdays and Fridays. Even if weight is not a problem, Margie Haley and Sue Hayes, organizers of the class, will meet you there for creative exercise and body conditioning and toning.

Classes began March 5 and will continue until the end of May.

Meet Your Match

CHESS MASTER TO GIVE LESSONS

Chess Master George Koltanowski, will be at the Presidio Service Club, building 135, Presidio of San Francisco, every Monday night from 6:30 to 9:30 p.m., giving lessons. The classes, followed by tournaments, are open to all military, regardless of rank, and to their dependents. This is your chance to earn a U.S. Chess Federation rating.

The Presidio Service Club also announces its 1973 Interservice Chess Tournament for the weekend of March 24 and 25 between noon and 6 p.m. Under the supervision of George Koltanowski, International Grand Master and World Blindfold Chess Champion, the tournament is open to all military. Prizes will be awarded to First, Second and Third Place Winners in Classes A, B and C.

Entry registration forms may be obtained from Special Services, and they must be returned to the Presidio Service Club by March 15.



WITH 5 MONTHS 22 DAYS SICK LEAVE creditable toward retirement, Eloise Smith, second from left, took her 30-year retirement from Federal service. Crew members from the office of Military Personnel stood by with good wishes. Eloise began her career with the War Department, Quartermaster's Depot, on December 7, 1942; after a short time with the Naval Hospital, she went to the Veterans Administration, returning to us on December 13, 1951.

Hail & Farewell

OFFICERS REPORTING

LTJG Margaret Pongpravit, RTN, for observership on OB&GYN.

OFFICERS DETACHED

LT Dao Huu Trung, MC, RVN, to Vietnam; LCDR Ronald La Porta, MC, USNR, released from active duty; LCDR Armando R. Favazza, MC, USNR, released from active duty; LCDR Charles A. Tompkins, Jr., MC, USNR, released from active duty; LCDR John R. Lake, MC, USNR, released from active duty.

ENLISTED REPORTING

From Naval Hospital Corps School, San Diego, HAS Eduardo Steger, Jr., Harmon Ranney, David Solheim; HM3 Robert Rollins; HN Narcisco Daoas; HM3 Fallon Mikula; HAS Leon Rouillier, David Freeman, Michael Boyle, Robert Cole, Jr., Raymundo Vilarreal, Jose Gonzalez, Bradley Cone, Shaw Weaver, Stanley Wells, Stanley Dame, Johan Bax, Steven Hermann, Warren Alnor, Jr., Robert Ericson, Ronald Barnett and Richard Evans; HN Randall Shannahan.

From USS WILTSIE (DD-716), HMC Joe Josefa.

From Naval Hospital Corps School, Great Lakes, Ill., HAS Deborah Fox and Diane Laplume; HN Elaine Presutto.

From Service School Command NTC, San Diego, PNSN Ronald Hale.

ENLISTED DETACHED

To USS MAUNA KEA (AE 22), HN Allen Maxson.

To 1st Marine Division, Camp Pendleton, HN Charles Hogg.

Released to inactive duty in Naval Reserve, HN William Kryschka, HM3s Karl Heaton and John Knott; HN Terry Arlin; HM2s Robert Butler, Jr. and Dallas Dupre, IV; HM3s Samuel Freitag and Richard Hall; HNs John Rowles and Kevin Titus.

Discharged from USN, HN Judith Ayers; HM3s Patricia O'Reilly and Susan Schmidt.



FIVE ADVANCE to HM3; they are Juan Dimas, Patrick Brabant, Vince Abe, Bill Haight, Kenneth Denault.

Scuttlebutt

The barber wasn't really performing an act of cruelty on little Nathan Craig when he received his first haircut the other day. It sounded that way, however, if one judged from the screams that echoed and kept on sounding down the hallways of building 38. Mother, Frances Craig, was standing by helpless to console, but it was really something that Nathan's father, who is in PMT School, should have had a recording for playback when his son has a son.

The wives of our enlisted men do not sit around thumb twiddling. The NWCA No. 160 at the time of the Alameda plane crash collected clothing and canned goods for the victims. On Valentine's day the mothers on the Pediatric Ward were remembered with corsages. About 30 members of the Bay Area attended a drug abuse educational meeting—active club that!

We Goofed

Thanks to those on Ward 8-E who remembered that Naval Hospital in April, 1969, did have a Wave as Sailor of the Month. She was HM3 Diane Charlton, and we understand that Miss Charlton is now in Chicago in nurse's training.

Born at

Naval Hospital on February 9, 1973, Rebecca Maureen Slaunwhite, 7 pound, 9 ounce daughter of Carol and LT William D. Slaunwhite. . . February 28, 1973, Jamar Murphy, 7 pound daughter of Judith and LCDR William M. Murphy. . . On March 2, 1973, Carmelita Eeba Angeles, 7 pound, 10 1/4 ounce, daughter of Katherine and TN Oscar R. Angeles.

PLEASE NOTE

Please leave messages for "The Oak Leaf" editor at 639-2113.

Get in the Swim

Staff Officer and Enlisted Wives are invited to join the Aqua Exercise Class beginning at 9:30 a.m. on Thursday, March 15, in the hospital's swimming pool. Classes will meet on Tuesdays and Thursdays between 9:30 and 10:30 a.m.



HM1 ROBERT KENNETH BALL took the oath for a third reenlistment on February 22. He works in the Medical Repair Branch.



HM2 HAROLD GERLT received Letter of Commendation for excellence of his service as Neuropsychiatric Master-at-Arms prior to leaving the service.

Sports Shorts

SCHEDULE OF TWELFTH NAVAL DISTRICT SPORTS

March 15—
Golf—League Play
April 3-5—
Men's Bowling Tournament—NAS Alameda
April 8-14—
12ND Art Contest
NAVSUPPACT—Mare Is.
April 10-12—
Women's Bowling Tournament—NAS Moffett Field
There are deadlines for entries. Check eligibility, qualification times and awards with Ron Brown ext. 2350.



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

•Vol. 34, No. 33

Friday, March 23, 1973

WEST COAST PTOT SCHOOL TO CONVENE

NAVY offers the only schools in the world where one may train to become a dual technician. On March 26, right here at Naval Hospital, the West Coast will have a Physical Therapist-Occupational Therapy Technicians' School convening which will be a duplicate of Bethesda, Maryland's school. Thirty-one enrollees are set to begin an 11-month course, one of the longest and largest programs offered by the Navy.

The 28 weeks of formal training and 4 months' clinical training will qualify the graduates to be called PT and OT Technicians within the Navy Enlisted Classification (NEC) Code 8466. Upon graduation they will have eligibility for certification and licensure as Certified Occupational Therapy Assistants, and it is hoped that soon the eligibility will extend to certification as Physical Therapist Assistants.

It was found that normal attrition was lowering the PTOT staffing nationwide and that there were not enough graduates to fill all billets. Naval Hospital Oakland stood in the favorable position of being able to provide staff and facilities for a school, and CDR Jean Heath had the Master's Degree required to qualify her to become Program Director. She is now, Head of the Physical Therapy Branch.

Because of drastic budgetary cutbacks, preparation for the opening of the school has not been easy, but treatment tables and therapeutic equipment are now in place in Buildings 75A and 75B. CDR Heath has received special School Administration training at the Service School Command in San Diego, and the faculty have completed 4 weeks at Instructor's School, either at San Diego or Great Lakes.

The NHO class will be starting 14 weeks after the convening of the Bethesda school's class. In the history of that school, since 1946, the start of the training programs, 1298 graduates have received training under this Navy program. However, the dual curriculum (for occupational therapy and physical therapists) was not combined until 1968. The first class of dual trainees graduated in March 1969. That was the 6th class under the NEC 8466, but the 49th class from Bethesda since 1946.

LT Arnold Friedman, Head, Occupational Therapy Clinical Branch of NHO, will be the Assistant Program Director. Other faculty members are CDR Angelo Petoletti, who will conduct a 10-hour course in physics, and LT Raymond Vickerman, Senior Clinical Instructor, Physical Therapy; LT Cynthia Avriett, Clinical Instructor Occupational Therapy; LTJG John Bradford, Clinical Instructor, Physical Therapy; LTJG James Lynn, Head, PTOT School Physical Therapy Section; LTJG Michael Gosha, Instructor, Physical Therapy Section; LTJG Katherine Oakes, Clinical Instructor, Occupational Therapy; LTJG Elsa Page, Instructor, Occupational Therapy; ENS Margaret Williams, Clinical Instructor, Physical Therapy; HM2 Robert Freet, Senior Enlisted Instructor; HM2 George Mettee, Instructor; HM2 Ida Young, Senior Enlisted Clinical Instructor, Physical Therapy; HM2 Charles Morelli, Clinical Instructor, Physical Therapy, and HM3 John Shapland, Clinical Instructor, Occupational Therapy.

Open House for the school will be announced at a later date.



IT SEEMED NATURAL to find RADM H. P. Mahin, MC, USN, back again behind the lectern. Admiral Mahin was Commanding Officer of NHO until August 1972. He is now Inspector General, Medical, and was present March 5 through 16 with a BUMED Survey Team, which visited all the activities in Naval Regional Medical Center, Oakland.

Medical Corps Builds Solidly

On March 3, 1871, the Forty-First Congress enacted the Appropriations Act which established the Medical Corps as a separate entity and as a Staff Corps of the Navy. The Act also provided that the Chief of the Bureau of Medicine and Surgery would have the title of Surgeon General and the relative rank of Commodore.

For 102 years the Navy Medical Corps has continued to build a very solid foundation. This tradition has allowed Navy medicine, and its practitioner in every aspect thereof, to provide the finest care to be found anywhere in the world.



"QUICK, WHERE DO WE PUT THIS?"—HM2 Robert Freet and HM2 George Mettee help to place

the PTOT school equipment, which would appear to be a bit heavy. All will be in place by March 26.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM3 N. G. Johnson.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

MASTER OR VICTIM OF LIFE?

The days spent as a patient in the hospital are not likely to be remembered as the best of all possible Navy duty! The man who enters as a patient is grimly counting on the assurance of staff and fellow patients that "things will get better." The circumstances of our daily lives certainly affect us, either to brighten or to dampen our spirits. We cannot always determine what influences are to bear upon us.

However, millions of people ruin their lives by letting these external circumstances take control. You may be like the man who was greeted with the friendly inquiry, "How are you this morning?" He replied rather sourly, "I don't know yet. I haven't seen the morning paper." It is easy to let any one of a hundred small things—newspaper headlines, burned toast, dull weather, chance remark of another person—determine the course of a day for us.

No man needs to live every day as a victim of life. We can meet it with the spirit of victory and compel it to serve our purposes and contribute to our joys. We may not be able to make life conform to our preferences, but if we have the inner resources we can still view life as good and cause it to pay us dividends. The source of this inner strength is the hope and confidence expressed by the Psalmist: "This is the day the Lord has made: I will rejoice and be glad in it."

Let your mind rest upon the realization that you take each new day as a gift from the hand of God. In living for Him you, too, can be "more than a conqueror through Him who loves you."

CAPT JOHN E. THOMPSON, CHC, USNR

TENNIS LESSONS OFFERED

Sponsored by the Officers' Wives' Club, a former Iowa women's champion and winner of many tournaments and trainer of many excellent players will be providing lessons on the hospital tennis courts.

Mrs. Lois Bradford, wife of LTJG John Bradford, MSC, USN, has had 8 years experience as a tennis professional. She will be offering two lessons weekly for 5 weeks to hospital military and dependent personnel beginning the week of March 26. A flexible lesson schedule is planned, geared to the response received, and fees are nominal. For more information and sign up, please call the activities chairman, Kathie Bartee, at 569-2021 no later than March 26.



OTHER INTERESTS besides PTOT School help keep CDR Heath occupied, and only three of eight are pictured here. In the foreground, all trimmed and ready for show is Bill Cosby's "Fat Albert," co-owned with CDR Heath.

Movie Schedule

Friday, March 23
STRAW DOGS—Dustin Hoffman, Susan George—Drama (R)

Saturday, March 24
THE MERCENARY—Francis Ford Coppola, Tony Musante—Drama (PG)

Sunday, March 25
TOGETHERNESS—George Hamilton, Peter Lawford—Comedy (N A)

Monday, March 26
MELINDA—Calvin Lockhart, Rosalind Cash—Drama (R)

Tuesday, March 27
FROGS—Ray Milland, Sam Elliott—Horror (PG)

Wednesday, March 28
TRINITY IS STILL MY NAME—Terence Hill, Bud Spencer—Western (G)

Thursday, March 29
THE COWBOYS—John Wayne, Roscoe Lee Browne—Western (PG)

Friday, March 30
THE ANIMALS—John Anderson, Michele Carey—Western (R)

Saturday, March 31
THE INTRUDERS—Don Murray, John Saxon—Western (N A)

Sunday, April 1
THE BADGE OR THE CROSS—George Kennedy, Ricardo Montalban—Drama (N A)

Monday, April 2
THE WEEKEND MURDERS—Anna Moffo, Gastone Moschin—Suspense Comedy (R)

Tuesday, April 3
SILENT RUNNING—Bruce Davis, Cliff Potts—Science Fiction (G)

Wednesday, April 4
THE POSEIDON ADVENTURE—Gene Hackman, Ernest Borgnine—Adventure (PG)

Thursday, April 5
DIRTY HARRY—Clint Eastwood, Harry Guardino—Drama (R)

Friday, April 6
WHO IS HARRY KELLERMAN?—Dustin Hoffman, Barbara Harris—Drama (PG)

CLINICAL ASSEMBLY—Building 500
7:00 p.m.

THE RECORD \$286 million in insurance dividends due 4.1 million veterans this year are not subject to Federal income tax, the Veterans Administration advised recently.

EXEC-LINE

* How many more parking spots in the staff military parking lot on the west side of the hospital are going to be blotted out before somebody puts a stop to it. In the last week about a dozen have been blotted out, places reserved for Physical Therapy only, and before long there is not going to be any parking space left for anyone.

Both ends of the middle row of parking spaces have been striped with yellow paint for no parking at any time, which provides an emergency fire lane to enable the large truck of the Fire Department to turn around in case of an emergency.

Also, three additional parking spaces have been reserved for the increased need of Radiation Therapy patients who are in such poor physical condition as to preclude their walking very far.

Parking lots Nos. 1, 4 and 8 are only 80 percent filled at present and should adequately accommodate most hospital staff personnel.

* It seems that the swimming pool has been closed at an inappropriate time—while the POWs are returning and need use of the pool for therapy. Why not wait until September or the fall season to do the work on the pool?

The swimming pool was scheduled for refurbishment some time ago. Contracts were awarded and had to be honored. The reason work was scheduled for the pool at that time was because there were no long holiday periods, usually unfavorable weather and in preparation for warm weather which encourages great numbers of swimmers to use the facility. The pool did reopen on March 7, 1973.

IF YOUR FAMILY is looking for an Easter outing, take them to Knott's Berry Farm, in Buena Park, Ca., but be sure to pick up your new 1973 Prospector's Club membership card from Special Services, 2nd floor, building 38.

BOOST Program Is Expanded

The Broadened Opportunity for Officer Selection and Training, an educational assist pilot program, has received full program status. It allows participation by all Navy enlisted personnel who show potential for educational advancement to qualify for service as a naval officer. Career oriented personnel who are interested should check application procedures contained in BUPERS Manual 1020360 and CNO Navop 48-73.



IT TOOK HEAVE AND HO to get furniture and equipment in place for opening of the PTOT School.



THE FACULTY IS READY. The five standing by with CDR Heath and LTJG Michael Goshka are LTJG Elsa Page, LTJG James Lynn, HM2 George Mettee, HM2 Robert Freet and LT Arnold Friedman.



CDR CHARLES E. SOUTHWICK looks over photo proofs of his arrival at NHO.

A "Wife" Can Be a Male

Men whose wives die—or become 100 per cent disabled—while in military service now have equal rights with the wives and widows of male veterans under the provisions of the new veterans benefits law that became effective in October 1972.

Administrator of Veterans Affairs Donald E. Johnson pointed out that the new rules apply to such benefits as home loans, education assistance, compensation and pension payments for eligible persons.

Johnson said the law cleared up a lot of points for all veterans about the rights of dependents and survivors of female veterans. Its effect was to make the word "wife" include the husband of a female veteran and "widow" include the widower of a female veteran when they apply to veteran benefits.

Hail & Farewell

OFFICERS REPORTING:
CDR Mark Abbott, MC, USN, from NMMC to Plastic Surgery; CDR Walter W. Huurman, MC, USN, from 4th ND to Orthopedics Service; LCDR Phyllis I. Warren, MSC, USN, from SAMPL to Laboratory Service.

LISTED REPORTING:
From Naval Hospital Corps School, San Diego: HNs Dale Lockhart, George Smith, Richard Springmeyer, Thomas Dawkins and John Gregorio Eslao; HAs Jay Smith, Gary Hunter, Brent Marshall, Leslie Nelson, Roger Johnson, Robert Arnold, Kenneth Compton, Gene Gonyaw, Eugene Hall, Robert Haas, Daston Naugle, Robert Church, Jr., Bruce Hahn, Randy Dolphin, Sidney Spencer, John Dempsey, Efstathios Palaskas, Wilfredo Delmarino and David Pegg, from MSC Transport Unit One, FPO San Francisco; HMI Neil Peterson, from Naval Hospital School, Great Lakes III; HAs Gail Brown and William Head.

LISTED DETACHED:
To USS ORISKANY (CVA 34), HA Robert Jenkins; to Hospital Corps School, San Diego, HMI Leonardo Costales; HM3s Larry Lint and Shelley Goldstein.

DISCHARGED FROM USN:
HMI Mary Sumara.

**Deadline
For Filing
Your Federal
Income Tax is
April 16**

Scuttlebutt

Seven is a lucky number for Chief Jose Santiago. On March 7 he bowled 277 for Dick's Drinkers. That was 11 strikes and one spare against Bob's Boozers. **WOW!**

A postscript has come in concerning a Red Cross Volunteer celebrity. Mrs. Zelda Burch on the occasion of her departure from the area was honored at a second luncheon by friends and neighbors; a letter from President Richard Nixon commending her was read, and a wire offering congratulations was received from Governor Ronald Reagan.

Three boys and two girls, "hairy little devils" all, were born March 15, 1973, to LCDR Phillip Metz. Displaying true fatherhood concern, Dr. Metz paid a visit to a pro to ask advice, and CDR Jean Heath told him how to feed and give TLC to his five Schnauzer babies. CDR Heath is co-owner with TV Star Bill Cosby of Black Watch Fat Albert.

Being an early bird didn't get the worm (shots) for CDR Heath's pets. She mistakenly brought her seven Schnauzers in a week early for their shots and had to return them to Pleasanton on her noon hour.

Two CDRs escorted precious cargo from Andrews AFB, Washington, via C118 to NHO. That's a l-o-n-g-l-o-a-n of items for PTOT's opening deadline date.

The volunteer ceramics program at NHO, "Craft Project" made a nice spread on the March 1973 issue of Ceramics magazine. Did you know that at the peak of the Vietnam conflict there were as many as 49 patients working on ceramics at one time.

Word of warning to those "little" cars that try to bypass the gate to sneak into choice parking spots—they are likely to get the "big" ticket.

Who would believe that Public Works could be so playfully minded as to be scheduling a Public Works' Ball?

Thirty new officer housing units to be located near the "O" Club? Yessiree, the Hunt Building Corporation of El Paso, Texas, and associates, were seen on the grounds actually preparing to begin construction.

There's a stray black umbrella in Special Services. If you left it, you must describe its crooked handle and general personality before personnel will release it. (Who needs an umbrella in this gorgeous Spring weather—or did Spring forget to sprang?)

FUN HERE!

During March, at Sea World, San Diego, Airdevil Jim Rusing will perform his high-flying kite act, which takes him some 500 feet over the Sea World park in free-flight, and lands him at the killer whale stadium.

Military Dolphin Club members and their families receive 15 percent savings on admission to Sea World, and during March each child between the ages of 5 and 17 will receive a free Shamu kite autographed by Rusing.

TAX INFO

When you pay a bill, you expect a receipt, right? If you owe money when you file your Federal tax return this year, pay with a check or money order. To prevent any mixup when you file, put your Social Security number on the check or money order that accompanies your return. A canceled check or money order is your record of tax payment.

Did you receive dividends or interest last year from your bank or your credit union or from other investment? If so, you must report them on your Federal income tax return.

Those who pay you dividends or interest must also report these payments to the IRS. So be sure that your bank and credit union have your Social Security number.

Did you have a casualty or theft loss last year? You may be able to deduct that loss on your Federal income tax return if you itemize your deductions. Special rules may apply if your property was in a disaster area. Check it out. Read your tax instructions or call your local Internal Revenue Service office for more information.

You have to pay tax on the interest on your savings account, even though you didn't collect it in cash. All dividend and interest income is taxable. You must report it on your income tax return, even if it's only credited to your account.

Advisory Board Seeks Solutions

Avenues of communication between the Commanding Officer and his staff are important for smooth operation, efficient organization and bolstering of morale. To further a free exchange of ideas, the Surgeon General directed the establishment of an Officers' Advisory Board to discuss common problems and the feasibility or non-feasibility of suggested solutions with the Commanding Officer. Such a board exists at this Command, composed of officers selected on a periodic rotational basis. Current membership includes: CDR Thomas E. Carson, MC (Dermatology), chairman; CDR Patrick R. Burkett, MC (ENT); CDR Michael A. Harris, MC (Dispensary, T.I.); LCDR Howard F. Braitman, MC (Surgery); LCDR William M. Dolan, MC (Anesthesiology); LCDR Eugene T. Santucci, DC (Dentistry); LT Robert G. Johnston, MC (Internal Medicine); LT Robert J. Keck, MC (Dispensary, Alameda); LT Donald D. Thorson, MSC (Special Services) and LT Stanley R. Bagbey, NC (Nursing).

This board invites any ideas, suggestions or grievances from the NRMC staff officers, verbal or written, to be brought up for discussion. Items may be submitted directly to any member of the board.



A FRIENDLY HUG for a favorite gal in Dental Service—CDR Stratton brought along his own photographer to take the shot with Nancy Clarke.

BAQ Allowances Remain Unchanged

The Basic Allowances for Quarters (BAQ) and the Dependents Assistance Act Allowance were not changed with the January 1, 1973, pay raise for members of the Armed Forces. In order that all may be aware of these basic entitlements, they are given below:

Basic Allowances for Quarters		
Pay Grade	Married	Single
O-10	\$288.00	\$230.40
O-9	288.00	230.40
O-8	288.00	230.40
O-7	288.00	230.40
O-6	258.30	211.80
O-5	238.80	198.30
O-4	215.40	178.80
O-3	195.60	158.40
O-2	175.80	138.60
O-1	141.60	108.90
W-4	\$207.90	\$172.50
W-3	191.70	155.40
W-2	173.70	137.10
W-1	160.80	123.90
E-9	\$184.20	\$130.80
E-8	172.20	122.10
E-7	161.40	104.70
E-6	150.00	95.70
E-5	138.60	92.70
E-4 (over 4 yrs.)	121.50	81.60

Dependents Assistance Act Allowances	
With Dependents	
E-4 (less than 4 yrs.)	\$121.50
E-3	105.00
E-2	105.00
E-1	105.00
Without Dependents	
E-4 (less than 4 yrs.)	\$81.60
E-3	72.30
E-2	63.90
E-1	60.00

GO NAVY

You can be a recruiter for the Navy by affixing a "Go Navy" or "Sailors Have More Fun" bumper sticker on your car.

When you pick up your Magic Kingdom, Sea World, and other discount cards from Special Services, grab a Navy sticker too.



SGT RICHARD BURGESS



CDR RICHARD STRATTON

More Returnees Touch Down at NHO



LCDR CHARLES STACKHOUSE

... on March 7, 1973, CDR CHARLES EVERETT SOUTHWICK, USN, (pilot) shot down May 14, 1967, while on a combat mission over North Vietnam. Born in Fairbanks, Alaska. Age 41. Married. Home of record, Seattle, Wash. Present home, Sausalito, Ca.

Commander Southwick is doing remarkably well; he spends many of his evenings at his home in Sausalito.

... on March 7, 1973, LT GARY L. THORNTON, USNR (radar intercept officer), shot down over North Vietnam February 20, 1967. Born in Delano, Ca. Age 31. His parents, Mr. and Mrs. Billy Thornton, live in Porterville, Ca., his home of record.

LT Thornton is thoroughly enjoying his freedom and has no health problems.

... on March 8, 1973, CDR RICHARD A. STRATTON, USN, (pilot), shot down January 5, 1967. Born in Quincy, Mass. Age 41. Wife, Alice, and sons Patrick, age 10; Michael, age 9; and Charles, age 8, live in Palo Alto, Ca. His parents, Mr. and Mrs. Charles A. Stratton, live in Quincy, Mass., his home of record.

CDR Stratton is doing outstandingly well. He has no serious medical problems and is in fact eager to return to flight status.

... on March 8, 1973, LCDR CHARLES D. STACKHOUSE, USN, (pilot), shot down while on a combat mission over North Vietnam on April 25, 1967. Born in Sheboygan, Wis. Age 33. Single. His mother, Mrs. Jeannette Stackhouse, lives in Lemoore, Ca. His home of record is Norwood, Ohio.

LCDR Stackhouse has no medical problems and is enjoying aspects of the life of a bachelor; he also plans to do some fishing.

... on March 8, 1973, SGT RICHARD GORDON BURGESS, USMC, captured on September 25, 1966, in South Vietnam while serving in Company "L," 3rd Battalion, 4th Marines, 3rd Marine Division. Born in Aberdeen, Wash., home of his mother, Doris Burgess. Age 26. Single.

SGT Burgess is making progress daily in recovering from the stresses of a long captivity.

RAIN CAN'T DAMPEN a Homecoming!



... on March 18, 1973, CAPT LEO T. PROFILET, USN (pilot), shot down August 21, 1967, on a combat mission over North Vietnam. Born in Cairo, Ill. Age 44. Wife, Joan, and children Jana, age 18; Joseph, age 17, and Leo, Jr., age 14, live in Palo Alto. A married daughter, Cathy (Mrs. William Matthews), lives in Mountain View, Ca. Home of record, Cairo, Ill.

CAPT Profilet's initial evaluation has revealed no serious medical problems; he is actively becoming reacquainted with his wife and children.

... on March 18, 1973, CDR VERLYNE W. DANIELS, USN (pilot), shot down on October 26, 1967, while on a strike mission over North Vietnam. Born in Reamsville, Kan. Age 42. Single. His brother, Maurice Daniels, lives in Ness City, Kan. Home of record, Stockton, Ca.

CDR Daniels' initial evaluation reveals him to be in good health and fine spirits.

... on March 18, 1973, CDR ROBERT J. SCHWEITZER (pilot), shot down January 5, 1968, while on a combat mission over North Vietnam. Born in Pottsville, Pa. Age 41. Wife, Gwendolyn, and sons, Karl, age 13, and Eric, age 12, live in Meadow Vista, Ca. His parents, Mr. and Mrs. Frederick L. Schweitzer, live in Oreland, Pa. Home of record, Philadelphia, Pa.

CDR Schweitzer is becoming reacquainted with his family and feeling well.

... on March 18, 1973, CDR JAMES M. HICKERSON, USN (pilot), shot down December 22, 1967, while on a combat mission over North Vietnam. Born in Lenoir, N.C. Age 39. Wife, Shirley, lives at Lemoore, Ca. His father, James Hickerson, lives in Corpus Christi, Tex.; and his mother, Mrs. Faye Hickerson, in Lenoir, N.C. Home of record, Atlanta, Ga.

CDR Hickerson is feeling well and spending liberty time in the BA Area.

... on March 18, 1973, CDR EDWARD D. ESTES, USN, (pilot), shot down on January 3, 1968, while on a strike mission over North Vietnam. Born in Marionville, Mo. Age 38. Wife, Bette, and sons, James, age 12, and David, age 10, live in Lemoore, Ca. His parents, Mr. and Mrs. Harold W. Estes, live in Purdy, Mo., which is the Commander's home of record.

CDR Estes has been in good physical condition, and enjoys weekend liberty with his family.

... on March 18, 1973, LCDR DAVID J. CAREY, USN (pilot), shot down on August 31, 1967, while on a strike mission over North Vietnam. Born in Greensburg, Pa. Age 30. Single. His mother, Mrs. Mary E. Carey, lives in Jeanette, Pa., which is his home of record.

LCDR Carey has no major medical problems and has been able to spend considerable time becoming reacquainted with his fiancée.

... on March 19, 1973, LCDR ROBERT J. FLYNN, USN (bombardier navigator), shot down August 21, 1967, while returning from a mission over North Vietnam his plane was attacked by a NV MIG near the Chinese border. Interned in the Peoples Republic of China. Born in La Crosse, Wis. Age 35. His wife, Mary, son Robert, age 6, and daughter, Elizabeth, age 9, live in Colorado Springs, Colo. His parents, Mr. and Mrs. Thomas A. Flynn, live in Sun City, Ariz. Home of record, Houston, Minn.

LCDR Flynn's initial evaluation is still in progress.

(Continued on page 5)

'Six years of waiting for an elevator gives patience.'

Bits and Pieces

... From
CDR Stratton's
Press Conference

CDR Richard A. Stratton said that he recognizes a "new free spirit in America." We are shedding our Linus blankets and he is "happy with it!"

Was he suprised at the changes in his first Catholic Mass? To say he was surprised with the go-go girl choirs, bongo players, jazzy songs during Mass, coffee and doughnut lingering get-togethers afterwards "is an understatement," according to the Commander. However, the number still approaching the Communion rail bespoke much to him of continued dedication.

In CDR Stratton's opinion every American owes his country something, whether it is bothering to plant a tree, fighting or something else. "We owe our country something and should be willing to contribute."

CDR Stratton's POW buddies were a "highly educated group," and he and they drew on inner resources to keep occupied.

The Commander is now four pages into "The Godfather" and has had little time to review the stacks and stacks of reading material awaiting him.

How has he changed philosophically? "Six years of waiting for an elevator gives patience."

He is ready to put on his flight suit, and his next move toward hunting at his readiness to depart NHO will be to put on a hard hat and G-suit.

When he got off the plane at Clark and gave thanks to the Nation and President Nixon, the expression was "absolutely and totally spontaneous."

He has no plans to write a book, but he feels that, because the public will be interested in his story when the time comes, "We owe it to them to tell it."

He is having to put extra effort into establishing rapport with his youngest son, Charles, now age 8. Charles waited until the day after his father left for the Far East to walk.

When Mrs. Stratton followed her husband to the podium it was to share with the public her great pleasure and joy at being able to sit out front and watch him and know he was truly there before her.

Is the gap of the years filling in for her and the boys? Mrs. Stratton answered that she and her husband had 8 years of happiness before he left, and "Yes, day by day the gap is filling in."

ACCORDING TO the Veterans Administration, more than 130,000 women have trained under the current G.I. Bill since the end of the Korean Conflict in 1955.

... From the Press
Conference of
CDR Southwick,
LCDR Stackhouse and
LT Thornton

The question was asked, "Are you curious why the POWs are being treated as heroes?"

LCDR Stackhouse replied that he was surprised, yes. They had a duty; they did a job. "Like in playing football, sometimes there is a bad bounce. . . . But our right leg was God and left leg the United States; and we walked on it and endured time." He said, further, "I dearly love this country! Probably more so now."

CDR Southwick mentioned that he got the "weepies" when he saw the magnitude of the welcome from the children at Clark AF Base. LCDR Stackhouse got them "When I saw my first 141." (He was flying an F-4 (Phantom II) of Fighter Squadron ONE HUNDRED FOURTEEN, operating from the USS KITTY HAWK at time of shootdown.)

LT Thornton stated that he was sustained by "Faith in God, country and everyone here at home." He is looking forward to his return to Porterville, Ca., a town that has lost more men according to size than any other in the country. A big reception is planned in his honor.

Who won the war? It's a question frequently asked at news conferences. CDR Southwick commented that this war was not one that could be won in a conventional sense, but that at least "one goal, to keep Communism from taking over South Vietnam, seems to have been accomplished." LCDR Stackhouse said the POWs won—they got to leave.

All three men stated their intention to remain in the Navy.

They all seemed to be in common accord that "Vietnam is dusty and dirty," and that "A prison is not the nicest place in which to live."



THIS HUGE POOL AT NHO looks somewhat deserted here, but usually not so, according to the daily sign-in. The pool has new paint, new pool surfacing, new lighting system, new ventilation system, new non-skid surface placed on the diving board, new doors. Visit the station pool which was recently reopened and has records showing increasing numbers of persons using the refurbished facility.



LCDR ROBERT J. FLYNN on arrival, in an emotion-filled voice, gave a new ring to the words, "God Bless America."

Returnees (Continued from page 4)

And now for an update of the first nine returnees who touched down at NHO:

LCDR EVERETT ALVAREZ continues to do remarkably well; he has completed a flight physical and is looking forward to returning to flight status; his future plans include traveling through the U.S. and Europe.

LICOL HARLAN CHAPMAN continues to do nicely; he has no medical problems and plans to continue his military career; he is enjoying his 1973 Ford Torino, particularly the AM-FM stereo radio.

CDR THEODORE KOPFMAN is spending the weekends with his family in Lemoore, while he completes debriefing; he eagerly anticipates actively resuming his role as a pilot.

LCDR WILLIAM SHANKEL is on convalescent leave in Hawaii on his honeymoon.

LT KENNETH HIGDON is well overall and reparative surgical intervention on his injured hand is planned shortly.

LCDR RODNEY KNUTSON is feeling well.

LT ROGER LERSETH has recovered well from the operation to remove the pin from his left femur. He has a vigorous physical therapy.

CDR JOHN McKAMEY is feeling quite well and spending long weekends at home with his family in Lemoore.

CDR JAMES GLENN PIRIE is on leave until June 15th.

A NOTE OF INTEREST . . .

Guests of Governor Ronald Reagan at dinner in Sacramento on March 21 were LCDR Everett Alvarez, LtCOL Harlan Chapman, LT Kenneth Hidgon, LCDR Rodney Knutson, CDR Theodore Kopfman, LT Roger Lerseth, CDR John McKamey, LT Gary Thornton, CDR Charles Southwick, LCDR Charles Stackhouse and CDR Richard Stratton.

6% CU

Dividend Paid

Unprecedented savings continued to pour into the Alameda Coast Guard Federal Credit Union, reflecting an increase of over a million dollars during the 6 month period ending December 31, 1972. The Board of Directors again declared a dividend of six percent per annum, compounded semi-annually. The dividends credited to member accounts at the first of the year will be shown on statements which will be mailed to members in July.

SOMEONE DEFINED income tax as "the fine you pay for thriving too fast."



AFTER 6 YEARS LT GARY L. THORNTON was free to talk with old flying buddies of Fighter Squadron NINETY-SIX from his Homecoming Quarters on 6-North Ward, Naval Hospital.

Who's Been Doing What . . .



LCDR PAUL SCHRODER, Ophthalmology Service, received a certificate upon completion of his residency.



HM3s STEVE McKECHIE, ANDREW SWANSON AND JAMES LOWREY, pictured with CAPT Ira Woodstein, Chief of Orthopedics Service, are ready to receive NEC-8489 certificates as orthopedic technicians, having completed a 6-month course.



MRS. ZELMA SANDERS, Food Service Worker for Naval Hospital for almost 24 years, this month took her departure from our civilian work force. However, she stated that she plans to "stay active" and work in her yard; she is not planning to really go into total retirement. She is pictured receiving best wishes and her letter of retirement from RADM R. E. Faucett. Also shown are LCDR Adam T. Antonopoulos, Chief of Food Service, Mrs. Beverly Keller and Miss Shirley Cober of Civilian Personnel, and Mr. Ernest Sivertson, Commissary General Foreman, Food Service.



WEARING GOOD CONDUCT AWARDS are HM2 James Franklin Sessoms and HM3 Robert Allen Morris. Congratulations!



CONGRATULATIONS ARE IN ORDER as three complete a Clinical Technician's Course. CDR J. D. Wallin presents the NEC 8413 Clinical Technician

Certificates to HN Mark Byrne, HM3 Pat Welsh and HN Alton Edwards.

HARPER IS FEBRUARY'S SAILOR OF THE MONTH



He's a dermatology technician working in the Dermatology Outpatient Clinic, where for the past 3 years he has improved his skill and knowledge in surgical and laboratory procedures. His courtesy and politeness have won for him the respect and recognition of his superiors and peers.

That's a brief introduction to Hospital Corpsman Third Class Douglas W. Harper, Sailor of the Month for February 1973.

Douglas is married to a girl from South Dakota, whom he met here in the Bay Area. They have a 13-month-old son named Aaron, and Sharon and Douglas want to rear their son in a smaller community than the Oakland area. So when they depart the Navy in another 5 weeks, Hospital Corpsman Harper hopes to be accepted for a 2 years program in radiology either at a South Dakota hospital where he has applied or at a Bellevue Wash., school.

Good luck!

THE UNIVERSITY of California, Berkeley, weekly Calendar carries notices of films, lectures, plays, exhibits and events taking place on that campus. Subscriptions may be obtained from their Office of Public Information for a mailing charge of \$1.00 a year for off-campus subscribers. However, for the latest facts about major events and bulletins which may be of interest dial Item Line, 642-1414.



REENLISTEES—HMC Jose Andalis and HM1 Donald Faulkner.



FRIENDS FROM 7 EAST Pediatrics Ward stood by when HN Ralph K. Landaburu received a Letter of Commendation from the Commanding Officer. Shown with Ralph (center) are Charge Nurse Virginia Willis, Dr. Forrest Beaty, LTJG Margaret Raines and CAPT James Hayes, Chief of the Pediatrics Service.

SHE'S NOT QUITTING



After 8105 hours of volunteer work for the American Red Cross, showing up at Naval Hospital every Monday and Friday almost became a way of life for Mrs. Zelda Burch. She will be moving to Kelseyville, Ca., soon, but she's just moving, she isn't quitting the Red Cross.

On Monday, March 12, about 26 friends, now working at the hospital or formerly working here, gathered at the RC Rec Hall for a farewell potluck luncheon. Mrs. Tom (Dotty) Moore, who first recruited Mrs. Burch for Red Cross service was at the luncheon, and extending best wishes, and reuniting with two others of that same graduating class were Mrs.

Ella Rose (side-by-side working pal for 23 years), and her daughter, Mrs. Gloria Hewitt.

When another old time friend, Mrs. Beatrice Scarborough, rolled in, eating stopped and the greetings flowed anew. The former editor of "The Oak Leaf," Dorothy Thompson, was also counted among those coming out to honor Mrs. Burch. The honoree, who wore an orchid corsage, commented that her volunteer work had helped "keep her young."

Mrs. Burch received an azalea for planting at her new mobile home, and the Oakland Chapter of the American Red Cross sent a certificate honoring her many years of dedicated service.



CLINICAL LABORATORY ASSISTANT SCHOOL Class 7305 graduates. 1st row: L/MA Michael Shosanya, Nigerian Navy, CPL Isiaka Popoola, Nigerian Army, CPL Jacob Attah, Nigerian Army, HM3 Reggie D. Woods. 2nd row: HA Louis R. Mitchell, HN Richard G. Sinning, HN Alan J. Schmidt, HN Robert C. Young.

From The Desk Of The SEA



"As the days dwindle down to a precious few," as the old song says, reminds me to take this last opportunity to offer some thoughts as my Naval Career of 22 short years draws to a close.

As part of my last Oak Leaf column, I wish to repeat excerpts from my very first column. I believe it is as pertinent now as it was then, perhaps even more so.

"Admiral Zumwalt has taken a giant step toward improving and enhancing the environment of Naval personnel; however, it must be noted that nowhere in Z-57 or in any other Z-Gram does the CNO condone a slovenly military appearance." Permissiveness in manner or dress cannot be condoned or tolerated. Contrary to popular belief, enforcing standards of smartness is the responsibility of all of us, not just a matter of concern to the "front office" and to our Security Department. "Our chosen line of work revolves around patient care, and there is no substitute in the eyes of a patient for a well-mannered, professionally dedicated, neat and well-groomed hospital corpsman. It is the responsibility of all staff military personnel to insure that these patients do not leave this command disappointed."

You have "made it so" by exhibiting

- P Professionalism
- R Responsibility
- I Initiative
- D Dedication
- E Education

I wish to express my heartfelt appreciation and everlasting gratitude for the outstanding assistance and support given me by Command and Staff during my tour as Senior Enlisted Advisor. It has been a most rewarding experience and a pleasure to serve. I hope that in some way my efforts as the SEA have made service life a little more enjoyable for some. I also hope that as you slide down the banister of life, you find all of the splinters pointed in a downward direction. Bon Voyage.

J. C. "Dick" DICKENS,
HMCM, USN

Reserve Member Is Active



LCDR S. S. Fishman, a member of Medical Reserve Unit 12-6, attended the Western Pharmacology Society meeting at Squaw Valley. He was the Chairman of the session on Ultrasonics in Medicine. Five papers were presented, and LCDR Fishman was an author on two of them. His papers concerned the effects of elevated pressures on ultrasonic cavitation and the effects of the enhanced cavitation on living chick embryos. The study was done partly at UC Davis and at the Stanford Research Institute. Mr. Fishman stated that the chicks did not seem to be bothered by either modality, and they were alert and active when hatched.

His civilian medical activities include the ownership of Lab-Items Associates, consultant to Uni-research Inc., and marketing representative for the Berngen-Brunswick Co., Scherer Scientific Division.

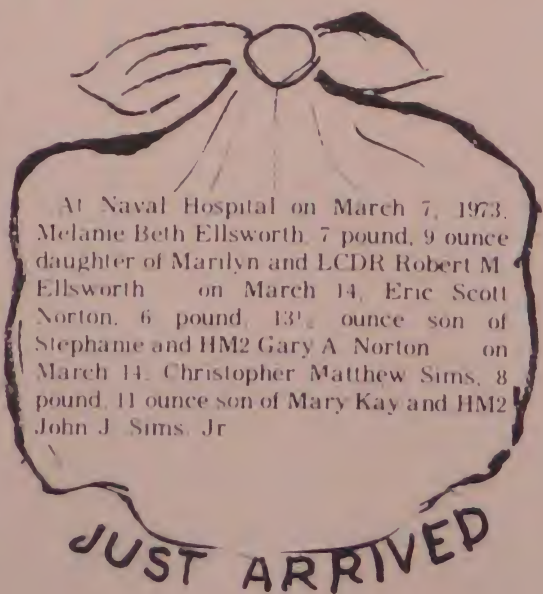
RADM Faucett Receives Honorary Black Belt

In appreciation of his support of their club, the Blue Dragon Karate Association presented Admiral Faucett with a plaque and a painting, done by Michael Stuckey, which typifies the two offensive styles (Kung-Fu) of the Association—the dragon and the tiger.

There are 77 active members here at NHO, and those holding black belts are Peter Hankel-Shepherd, Assistant Chief Sensei, Bill Elwood, Chief Sensei, and Mike Stuckey, President of the Blue Dragon Karate Association.

In about 20 days, Pete Hankel-Shepherd will be leaving for the Antarctic, where he hopes to establish a new club.

Those interested in knowing more about the Association's meeting dates and classes here at Naval Hospital should get in touch with Bill Elwood, ext. 2336.



Sports Shorts

Competition Schedule

12ND Men's Volleyball Invitational—NAS Alameda, March 28, April 4, 11, 25—7 p.m.

12ND Men's Volleyball Invitational—NAS Moffett Field, May 4-6—7 p.m.

12ND Men's Volleyball Pacific Coast Regional—NAVSUPPACT Seattle—May 21-25.

12ND Women's Table Tennis Tournament—NAS Lemoore, April 20-21—7 p.m.

12ND Men's Table Tennis Tournament—NAS Lemoore, April 20-21—7 p.m.

12ND Track and Field Invitational Meet—NAS Moffett Field, April 18—5 p.m.

12ND Pistol Championships—NAS Alameda, April 21—8 a.m.

12ND Skeet and Trap Championships—NAS Lemoore, May 9-10—8 a.m.

12ND Rifle Championship Match—Richmond Rod and Gun Club, May 12—7:30 a.m.

See Ron Brown for information, ext. 2350.

1973 TRACK AND FIELD SCHEDULE

April 25—5:00 p.m.: 12ND Invitational, Naval Air Station, Moffett Field

May 3—5:00 p.m.: 12ND Invitational, Mt. Diablo High School, Concord

May 9—5:00 p.m.: 12ND Invitational, Vallejo High School, Vallejo

May 17—5:00 p.m.: 12ND Invitational, El Cerrito High School, El Cerrito

May 26—1:00 p.m.: 12ND Championships, Lemoore High School, Lemoore

TRACT AND FIELD EVENTS

Mile, 440, 100, 120-yard High Hurdles, 880, 220, 2-mile, 180-yard Low Hurdles, 880 Relay, Shot, High Jump, Pole Vault, Long Jump, Javelin, Discus, Hop, Step and Jump.

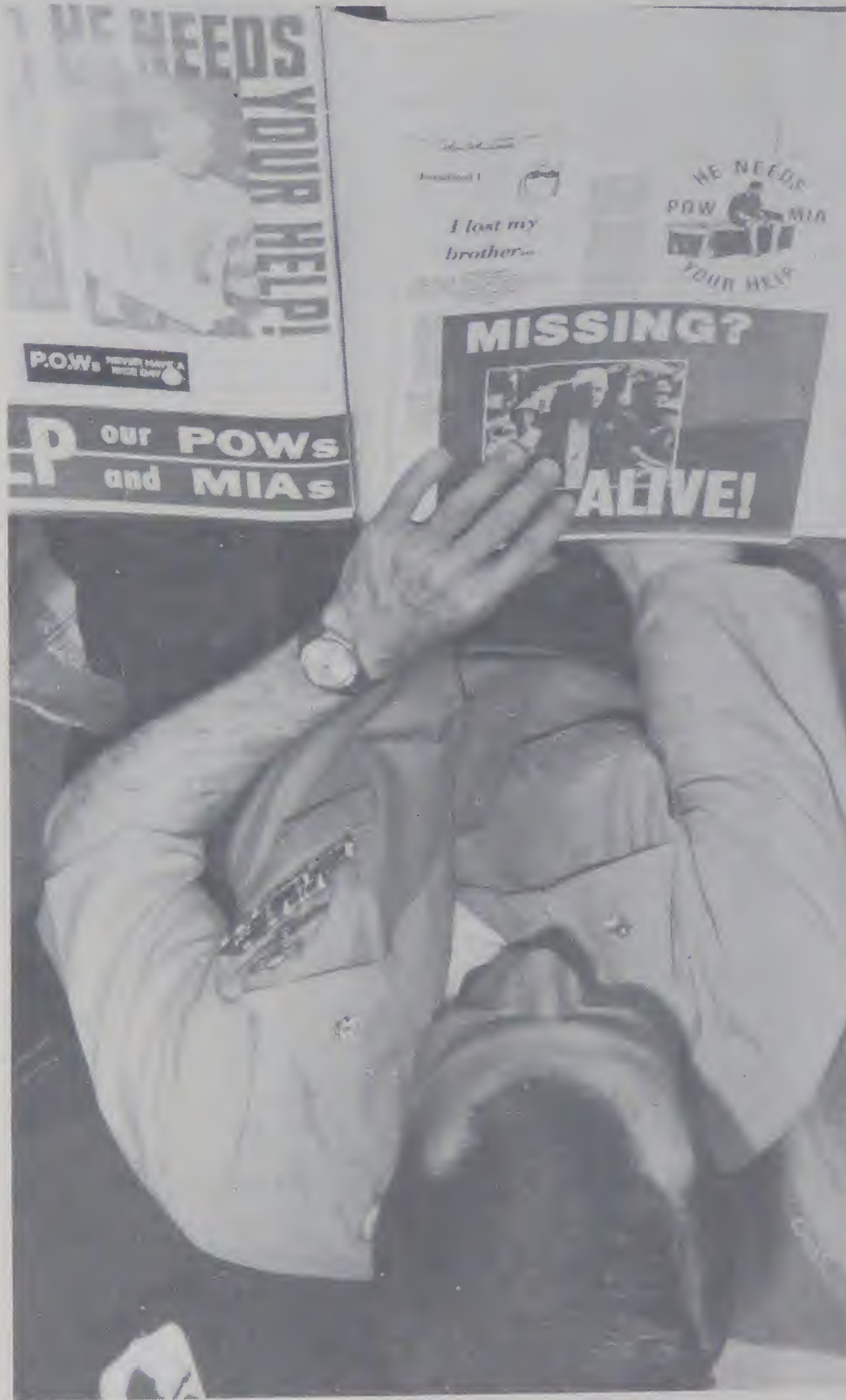
Contact Ron Brown, ext. 2350, if you are interested.

THE ONLY REASON some American families don't own an elephant is because they have never been offered one on the installment plan.



GUESS WHAT? OR WHO? To tell the truth, it is the bowling expression of that 277 Champ before the release.

AFTER THE DELIVERY— Bowling expression of Jose Santiago. Pretty pleased with himself(?)



FROM A NEW PERSPECTIVE each Ex-POW looks on the past years, now in review in their VIVA books.

Sports Shorts

INTRAMURAL VOLLEYBALL STANDINGS (As of March 21)

Team	W
Food Service	4
OR	4
NP	3
OB-GYN	3
Anesthesia	2
Surgery	2
PT	1
ENT	1
Pharmacy	0

1973 INTRAMURAL BASKETBALL FINAL STANDINGS

Team	Won	Lost
NP	9	1
ENT	8	2
Anesthesia	7	3
Ortho	6	4
Special Services	5	5
Pharmacy	5	5
MSC	5	5
Interns	4	6
OR	2	8
GMO	2	8
IC	2	8

Top four teams qualify for 1973 playoffs. NP enters the playoffs with a point by winning the League. They must be defeated twice to lose the championship.

SCHEDULE

NP vs Ortho March 26—5:30 p.m.

ENT vs Anesthesia March 27—5:30 p.m.

Playoff March 28—5:30 p.m.

SOFTBALL

The 1973 Intramural Slow-pitch Softball League is tentatively scheduled to start the week of May 7. Games will be played Monday through Thursdays, and game time is 5 p.m. Entry blanks are available through Ron Brown, ext. 2350.

Pick a Book

Kind citizenry of the area frequently donate boxes of paperback books to Naval Hospital. Three big boxes full came in last week. There are goodie titles among them, such as "The Big Laugh" by John O'Hara; "Tell a Man," Adela Rogers St. Johns; "Hungry Hill," Daphne Maurier; "The Dillinger Days," John Toland; "The Jackal Head," Elizabeth Peters.

Pick up a few at the Crew Library.

Art Contest Deadline Nears

April 3 is the deadline date for entry in the Twelfth Naval District Art Contest. Get your entry blank from Ron Brown, ext. 2350, in Special Services. The contest is to be held April 8 to 14 at the Rodman Library, Naval Support Activity Mare Island, Vallejo, Ca. There will be no limitations as to size or number of entries, but your entry should be framed or matted and ready to hang. Have your name and address on the back of each painting.

Good luck! The prize of a gift certificate from the Navy Exchange may be yours.

The 1973 Frontier Wonderland Club Cards are now available at Special Services. Bearers of these new cards will be allowed to receive a year-round discount on Frontier Village's UNLIMITED RIDE TICKET. You will get admission and unlimited rides all day on any normal operating day, just \$2.75 per person. Also available to club members is the FW Bonanza Book, which provides admission and any 10 rides. Attached to the membership card is a coupon good for one free unlimited ride ticket when a member visits Frontier Village, and purchases at least one unlimited ride ticket.

MAIL YOUR "The Oak Leaf" HOME

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TO:



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 34

Friday, April 6, 1973

NOW IT CAN BE TOLD



When the Lid Came Off—

(Editor's Note—The Press Conference which follows is reported in great detail at sacrifice of other news. We believe you will wish to hear from "our Own" in YOUR newspaper even though you have seen and read parts on nationwide TV and in other newspapers.)

PROMISES WERE KEPT

"There's never a bad day in the U.S.A." is the way CDR Richard Stratton, Ex-POW (Shot down in 1967 while carrying out acts of an undeclared war on a combat mission over North Vietnam) concluded a press conference on March 29, 1973. The 45-minute news conference was shared by LCDR Rodney Knutson.

POWs NOW TELL ALL

At an earlier conference, CDR Stratton had promised the media that when the last man was out, he would return to tell all. On Thursday, before the news conference, CDR Stratton was at Naval Air Station Lemoore at 4:30 a.m. with Air Wing Nineteen to meet his old friend Dynamite Kramer. On getting the word that the last returnee was freed, CDR Stratton quickly returned to NHO to make good his promise.

WAR CRIMES CHARGED

In an emotion filled voice, he declared his intention to request the State Department to charge Ho Chi Minh, Thon Bang Gong, Bo Vinh Giap, Major Bui and the unnamed general in charge of the political department

of the North Vietnam Army with war crimes perpetrated on him contrary to the United Nations Declaration of Human Rights, International Law, the Geneva Conventions and the charters setting up the Nuremberg and Tokyo Tribunals.

LCDR Knutson also stated that "Never Ever" were the prisoners treated according to the Geneva Accords. He agreed that the enemy's definition of "lenient and humane treatment" was that they might permit you to live, but that everything over was just so much gravy.

STRATTON'S SCARS REMAIN

"For any Doubting Thomas, you may come and take a look," CDR Stratton invited the press as he held out his arms, his hands trembling and shaking. In the strain and stress of the recall, CDR Stratton did not display the relaxed coolness of his earlier news conference. (Some of his good humor was regained before the conference was over however.)

CDR Stratton stated that he was tortured in many ways, burned with cigarettes, had his nails bent back, and was kept in solitary confinement for a total of 18 months. He was harrassed, put on public display and otherwise humiliated and cruelly treated by his captors. Although he landed uninjured, all the scars on his body were inflicted by the inhumane treatment of his captors in an attempt to get him to break the Code of Military Conduct and to admit (an untruth) to having bombed Hanoi in December 1966.

At one point after shootdown, due to the cruel treatment, his right arm was the size of

his thigh. Nodules appeared under his arm giving every indication of serious blood poisoning. At this point his captors transferred him to another camp to see if he would die. The second expectation was that they would have to cut off the arm. If he survived, they would make him be known as the "Mad Bomber of Hanoi."

Both CDR Stratton and LCDR Knutson, and indeed most of the prisoners, were exposed to rats in their soup, regularly had to eat with one hand and guard their rice bowl from becoming black with roaches with the other. Stale bread and cabbage was the main diet.

CDR Stratton's last beating came about on April 29, 1970, and there was no primary reason for the stoppage of which he was aware. After that date, in general, the food improved, although it remained substandard. And the days continued to be "awful long."

KNUTSON BATTERED UNMERCIFULLY

LCDR Knutson was shot down near Hanoi in 1965. Although it was said by the Vietnamese that they were giving the POWs "lenient and humane treatment," he said, "Not on your life!"

A favorite torture was to take a prisoner with a broken arm and work the arm up and down like a water pump. One man stood with arms overhead for 30 days "holding up the wall." LCDR Knutson personally had teeth knocked out and suffered a broken nose which swelled his eyes shut. He suffered

(Continued on page 3)

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM3 N. G. Johnson

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

Purveyors of doom abound; we are warned of monsters of pollution, demons of technology and the terrors of social and moral suicide. A professor at Stanford University predicts that the planet may be completely uninhabitable by 1990. Other prophets such as Alan Tofler, in *Future Shock*, and Charles A. Reich, in *The Greening of America*, portray the gigantic crises that lurk ahead but promise a story with happy ending.

The Bible doesn't proclaim an earthly paradise—these are dangerous illusions. The Bible in fact includes warnings of increasing unrest, of resistance to authority, rebellion against God and widespread destruction. But the biblican hope proclaims that God bends even catastrophe to His ultimate purposes of good. Hope lies in the transcendent power of a personal God who has not abandoned his creation, a God who acts in history and who is the Lord of history. This is the message of Passover, and of The Cross and Resurrection. God is not dead, and we are not orphans adrift in a meaningless world!

LCDR A. R. TREIBEL, CHC, USNR

Bits and Pieces

... From the Press
Conference of

Gary L. Daves, Civilian

On April 3, 1973, Gary L. Daves met the press at building 501, NHO. His story is a different side of the coin, but in a country of America's tradition for recognition of the realization of each man's right to his own two cents worth, Mr. Daves said it would be his first "two cents worth in over five years."

He, too, was a prisoner. He was captured at Hue, South Vietnam, on February 1, 1968, during a Tet offensive and while working with the International Voluntary Service. As a civilian, somewhat isolated from the military, he was not tortured, he was not beaten or kept in stocks. He said he went to Vietnam feeling that the war was wrong, and his time there merely reinforced the feeling. In making his statement as a statement of consciousness, he stated a belief that if those people pushing the Peace Movement had been in power that the war would have been stopped much sooner. "Nixon had the key; yet he killed a lot of people."

Reading from a prepared statement, the 30-year-old Gary Daves said:

Our past policies on Vietnam have been based upon premises of arrogance, with the tragedy that this arrogance has been combined with a power that made it evil. (I do not exclude previous administrations or most of us, the American public, from responsibility here). Our

executives, in the name of the American people, have assumed the right of life or death over countless people in Indochina (even now our bombs fall in Cambodia). Our assumption of that right is derived only from our power. I say that is evil.

The best of the peace movement (and very much of it was the best) finally recognized and opposed this evil. And it's my profound belief that during my time of detention the peace movement represented me... represented America and its ideas far better than our Government and its policy-makers have, regarding the Vietnam War.

The pacifist returnee reaffirmed his belief that America is a good country, but contended that we were just making a mistake in Vietnam. Concerning recent news article about POWs willingly making statements critical of American policy in Vietnam in *Newsweek Magazine*, he said, "This article seems to forget that a man might make statements of this nature in keeping with his conscience and in fact might consider acts such as these something that he should do to be loyal to his conscience and to his country. I think the tone and tenor of this particular article might be symptomatic of a general mood, in elements of the American press and public at this time and that this is very unfortunate."

EXEC-LINE



* One of the things needed in the front lobby is a mail drop. Many people come by the OOD's desk daily asking for directions to the nearest place to mail a letter. They are inconvenienced by having to go to the third floor or down to the Post Office in building 101 for that purpose. A mailbox with pickup several times a day would be a good service to offer the public. Is this possible?

A work request for installation of a mailbox near the front entrance Information Desk has been submitted to Public Works. After placement, mail will be picked up twice daily, Monday through Friday. Thanks for a thoughtful suggestion.

* Why is it that our Small Store in the basement of building 500 can't stay open for the hours posted and more than one day a week. Each Wednesday for the last couple of weeks I have been down there between 10:30 and 10:45 a.m. and the store was not open. On the wards we have difficulty getting patients to the store, so it becomes very important that the person in charge keep the place open from 9:30 to 2:30 p.m. as posted. Maybe some new hours and extra days could be established.

The volume of business at NHO's small store does not justify increasing the hours of operation; however, for the Wednesdays in question during March, the operator was present during scheduled hours and daily customers ranged from 19 to 22 and gross sales from \$54.85 to \$198.61. The person in charge may have left the store to attend to personal needs, but we are assured that the doors are never closed longer than 10 minutes at a time.

THE SHORT SHEET

Hospital Corps to Celebrate Diamond Jubilee

The Chief of the Bureau of Medicine and Surgery, VADM D. L. Custer sends the following message: "To each man and woman of the Hospital Corps—for myself and on behalf of the Navy Medical Department—I extend a well earned 'Happy Birthday.' You have met every challenge placed before you with expediency and a professionalism recognized for its excellence the world over." Plans are being made worldwide for June 17th celebration.

Sailor of the Year Contest Is Expanded

The annual competition, which honors all-round outstanding performance, has been expanded for FY 1973 to allow shore duty personnel worldwide to participate. Selections will be made by May 15, and BUPERS Notice 1700 of March 21 contains details of the contest.

Movie Schedule

Friday, April 12
WHO IS HARRY KELLERMAN?—Dustin Hoffman and Barbara Harris—Drama (PG)

Saturday, April 13
ROAD TO SALINA—Mimsy Farmer and Robert Walker—Suspense Drama (R)

Sunday, April 14
SUMMER TREE—Michael Douglas and Jack Warden—Drama (PG)

Monday, April 15
TROUBLE MAN—Robert Hooks and Paul Winfield—Action Drama (R)

Tuesday, April 16
ONE DAY IN THE LIFE OF IVAN DENISOVICH—Tom Courtenay and Alfred Burke—Drama (G)

Wednesday, April 17
THE STEAGLE—Richard Benjamin and Chill Wills—Comedy Drama (R)

Thursday, April 18
KING OF THE MARVIN GARDENS—Jack Nicholson and Bruce Dern—Drama (R)

Friday, April 19
ASYLUM—Peter Cushing and Patrick Magee—Horror (PG)

Saturday, April 20
WILD AND WONDERFUL—Tony Curtis and Christine Kaufmann—Comedy (None)

Sunday, April 21
SOLDIER BLUE—Candice Bergen and Peter Strauss—Western (R)

Monday, April 22
SNOWBALL EXPRESS—Dean Jones and Nancy Olson—Comedy (G)

Tuesday, April 23
X, Y AND ZEE—Elizabeth Taylor and Michael Caine—Drama (R)

Wednesday, April 24
SATANIC—Magna Konopka and Julio Pena—Horror (None)

Thursday, April 25
THE DIRTY OUTLAWS—Chip Corman and Rosemarie Dexter—Western (R)

Friday, April 26
POCKET MONEY—Paul Newman and Lee Marvin—Comedy Western (PG)



WHEN LCDR MYRON CORBETT's retirement became effective on April 1, it was no April Fool's joke. Friends look on as he receives his certificate denoting years, 8 months and 12 days in Uncle Sam's Navy. LCDR Corbett arrived at NHO on September 2, 1970. He is wearing a Navy Achievement Medal presented the same day.

Now It Can Be Told

(Continued from page 1)

internal injuries, and after shootdown went 6 days without food or water. He was put in stocks around his ankles, and had his arms bound behind him. "They draw your elbows behind you and then they start pulling your elbows over your head."

LCDR Knutson described treatment at the hand of tormentors. "... while my ropes were still tying my arms together, I was beaten across the buttocks with a bamboo club ... to a point until my buttocks were just hamburger. There was blood spattering against the wall each time the club fell ... at which time I finally started screaming. As soon as I started screaming they stopped the beating, left the room ... two hours later they came in, turned me over up right, and I was told to sit in an upright position on this wound that I had on my backside and I was left that way for six days. Periodically, they would take me to an interrogation and try to get me to talk. I walked in approximately a 90-degree bend when I went into interrogation because the scab that had formed on my backside had sealed into my flight suit and I could not straighten up. At the end of this time when I was finally permitted to bathe, I was taken to a shower. There was no way I could get the flight suit off. I had to soak myself for a period of about two hours ..."

FEW EXCEPTIONS LIKELY

When asked how many men likely received such treatment, CDR Stratton prefaced his statistics by saying that it was heard through latrine buckets and various methods but as of December, 1971, 95 per cent of the men had been tortured. Forty per cent were in solitary confinement over 6 months, 20 per cent over 1 year and 10 per cent over 2 years. Some prisoners were in solitary over 4 years.

Did the guards ever give a hint of friendliness or compassion?

The guards were like any other occupied communist society. They could flick on and off like a switch.

When asked if there were any of his guards he would like to meet again, CDR Stratton shook his head. "Not really. There is no room in my life for bitterness. There is too much to be done."

When asked to describe a day, he said that each day was an individual day. He believes each prisoner will have an individual story and that no two prisoners were treated alike. But there was no day-to-day pattern. "Ours was a war that lasted 24 hours a day. Every day over there was fighting the best way that he knew how, and I'm never going to be critical of any man that went through it."

MILITARY SEMBLANCE UPHELD

In his group, during internment, the men did try to carry on the best they could in an Air Force wing structured organization, with squadrons, flight commanders and ops officers. If CDR Stratton was senior in a room, he might take charge; if a higher ranking officer were there, he would have authority.

"CONFESSION" EXPLAINED

Question: CDR Stratton, can you detail for me the incident which involved the filming of you in prison clothing that was very well publicized in this country? The circumstances around it?

Answer: I can tell you the story of that day. In the morning, the man who read off the list of names at the Hanoi release, the airplane departed on ... the Vietnam officer who read those names at the microphone, at the airport, was the man who composed my so-called confession from information that he had put together out of his own head and while I was going through initial torture and military interrogation. He threw those down in front of me as a press release form—a stack about 10 to 12 inches high. He said,

"Today you are going to read that in front of a stadium full of people." Sitting behind me was a man, an enlisted man we called Straps and Bars for lack of a better name; he was the chief enlisted torturer. I told him at that time that I spoke fluent Spanish, French and English, and if I got in front of a microphone I would tell people what they had done to me. He believed me—my teachers in school, of course, would not have believed me. He said, "Then you will tape it." I elected at that time to tape, in a monotone, the statement that was placed in front of me.

TRAINED IN SUBMISSION?

They turned me over to another officer whose picture appeared in one of the magazine articles off to the side—a man who is very aptly named Dumb Dumb. Dumb Dumb spent about an hour trying to teach me how to do a very polite oriental bow; it was about 10 to 15 degrees. Then they took me back to my cell where I was in solitary confinement. They gave me a haircut by holding on to my rather prominent and handy nose, my ears, and then they gave me a dry shave, which accounted for the high color on the skin that you may have seen in that picture.

At the time, I was ill and recovering from my wounds. Every injury I had sustained at the hands of the North Vietnamese in Hoa Lo prison. I was still recovering from that. Every wound in my body was still infected. I had a boil in each nostril, which accounted for the size of my nose. When they were through, they put an extra sweat shirt on me because I looked too thin. Around three in the afternoon they transported me to a place downtown that I did not recognize. I was blindfolded. About three o'clock every day I would pick up a very high fever that would run to nine o'clock.

QUICK DECISION REQUIRED

They put me into a back room with some debris of American ordnance, and I could hear through a curtain somebody giving some type of medical evaluation of the effects of American weapons. I then realized that what I was at was some type of press conference. I was never told where I was being taken at gun point. I was never told precisely who I was going to see. They played the recording that I had made from a room on the opposite side from where I was, from behind a curtain, trying to make people think that I was standing behind a curtain—rather shy—and you know I am not rather shy. And at the end of my tape they pushed me out and I had an instantaneous decision to make ... somehow to discredit the so-called confession that was an absolute and total lie. I chose the method of trying to pretend that I had been drugged. I stared at a spot on the back of the wall. When it came time to bow, I boxed the compass in a 90-degree bow in which we were beaten and at gun butt point, or rifle point forced to do as a method of "salute" in the camp.

ENEMY INNOCENTLY (?) FOILED

I boxed the compass once and stopped. Good old Dumb Dumb came to the rescue, and in front of everybody else, barked out "BOW!" And I boxed the compass again, a 90-degree bow, and was pushed back behind the curtain. I was taken back and interrogated as to why I did not do a polite little bow as they had requested. My answer was, "You did not tell me the truth where I was going. I was surprised and afraid of cameras, and so I reverted back to my ancient Roman Catholic custom of doing a 90-degree bow." And for some reason they bought it. That, sir, is the full answer to your question.

At a later point in the questioning session, CDR Stratton cited the bowing session as one point in which he considers he was able to get back at the enemy. "I understand that they took a great deal of bad comment from the world as a result of that."

HIGH AND LOW DEFINED

Question: CDR Stratton, you have described some terrible experiences. Do any of them stand out, in your mind, as the low point emotionally? I wonder if you can answer that? Also, exclusive of the time when you were coming back, tell us what perhaps was the high point of your captivity?

Answer: Well, I'll tell you the low point, and then from there we'll go to the high point. I for one person felt that the enemy could never get to me. I think that many American males like myself have an 007-type concept of themselves. I, myself, would rather die than give in anything to the enemy. Death was not offered to me or to others. The realization that I could be broken by the enemy was the low point. The high point was that I had the capability to come back time and time and time again. And with that knowledge, that was the high point—higher than the news of the return home.

On whether there was ever any attempt made to escape, both returnees answered, "No comment."

Whether the United States should give reconstruction aid to the Vietnamese, Stratton refused to give personal expression other than to say that he believed it a matter for the State Department, the Congress and the United States to decide. Neither man had hesitancy in stating that North Vietnam used the antiwar resistance to great effect to try to dissolve the physical and moral stamina of all. And both felt that the movement did aid and abet the efforts of the enemy.

"The only thing that I will add," Knutson said, "is that I do feel that people have the right to say what they want. That's what we were fighting for. And that's what I will continue to fight for. However, I personally do feel that they were wrong in speaking out against the government at the time of war; I feel that they were hindering us rather than helping us. ..."

The prisoners were put under pressure to meet the activists groups, even to go home with them. The prisoners were told of every riot, every earthquake, every flood in the United States.

CREATIVITY AIDED SURVIVAL

So what did the men do to survive some of the inhumanity? Stratton said that he cried a lot, laughed a lot, kept faith in God, in the fellowship of others, and "went to bed early and didn't drink or smoke." (By this point in the interview he was able to laugh with the reporters.)

LCDR Knutson described a "magic" communication system used by the men. They used the hand alphabet (similar to that used by the hard-of-hearing), they used Morse code of flashing, tapping, scratching on the walls, and he told of listening through walls (24 inches thick, 8-inch of space, and another 24 inches) by putting the base of his cup against the wall. In Stratton's block a prisoner took the barbs off of a piece of wire and through 3-brick-thick walls drilled eight holes. When discovered, the guards were so concerned with his ingenuity, thinking it to be an effort to destroy the prison, that they forgot to mete out punishment.

Concerning the Son Tay raid, in which the American forces tried to swoop down and rescue the American POWs, Stratton tabbed it as perhaps one of the most heroic, the most heartening displays of American courage, of the American fighting man. "That, despite everything the enemy tried to tell us about our country going soft, there were men who had the guts to go in and do that!"

SUMMARY COMMENTS

LCDR KNUTSON: "One of the most satisfying things that gave me light every single day was that I knew that I was coming home, and those b..... were gonna have to stay there."

CDR STRATTON: "There's NEVER a bad day in the U.S.A."

Under-the-Dryer Interview With Gwen



By Jo Spivey

When a Sweet Adeline and a Barbershopper get back together after 5½ years' separation, they are likely to—and deserve—to make beautiful music. Even though Gwen Schweitzer is a bass and her husband a baritone.

Although some of the 5-plus years of waiting, for Gwen, were more "gross" than others, it may be surprising to many that she states the last month of waiting was almost as hard as any of the early months—maybe even more traumatic. How would her Bob look, act and feel?

However hard the last month, those first months were not easy. For 18 months after Robert J. Schweitzer's shootdown on January 5, 1968, Mrs. Schweitzer believed him dead. Some of the fellows on the flight with him saw him go down at a spot where the antiaircraft and ground fire were so heavy he should not have been able to survive. But July, 1969, marked the date when she learned that he did live through.

CDR Schweitzer told his wife that he doesn't remember when he left his plane, but there was a point when he thought, "I better get out of here." Then he next remembers coming to, being roughly undressed, near a rice paddy. He heard strange voices around him, and there was a burning about his eyes. Then came the depressing realization that he was captured.

His part of the story is his to tell, but Gwen, although in a hurry to get her hair styled in time to join her husband in his room on 6-North at Naval Hospital, Oakland, kept talking while the operator shampooed her hair, rolled it, put her under the dryer and then brought her out for the combout. Mrs. Schweitzer talks freely. She has had quite a bit of time on stage with the Capitol Malls Quartet in Sacramento and with the Camellia City Chapter of the Sweet Adelines. She arranges music in the barbershop style, and has spent many evenings of her time singing at the piano in the Auburn Hotel near Meadow Vista, where she moved to give her boys a better chance to



grow up in the wholesome atmosphere of the outdoors.

Too, Gwen Schweitzer has become accustomed to talking to the press. In fact, CBS chronicled her whole life pretty thoroughly for several Walter Cronkite national news broadcasts. In looking over a hospital newspaper while under the dryer, she exclaimed, "Hey, that looks like my cameraman from CBS—Steve Lighthill!" So talking to a reporter or being photographed was nothing new.

Being in a beauty shop, however, is a fairly recent experience—taken up since her husband's shootdown. After she learned his plane had gone down, she was carrying her burden in rearing the boys alone. Her sister, who came to help her through the first rough days, suggested, "Gwen, why don't you go to the beauty shop with me? Maybe it will give you a new outlook on life!" Gwen has natural curl in her hair and had been accustomed to shampooing it herself and running her fingers through it. Since his return, her husband, she says, has enjoyed her new look. He likes her with her hair styled and wearing a little makeup.

"He's a Philadelphia big-city type," she explained. "You know, the black tie, sit-down-to-dinner type. And why he ever married a spaghetti and barbecue, California country girl like me, I'll never know."

But that opposite type must have been just what Bob Schweitzer was looking for. He became engaged three days after he met Gwen on a blind date at Alameda in January 1956. A sorority sister of Gwen's, engaged to someone in his squadron, had introduced the two. They dated for 3 weeks, then Bob went overseas for 7 months. The wedding was 4 weeks after he returned.

One definite alike interest was their music. Bob is a member of the Aloha Chapter of SPEBSQSB, Inc., in Hawaii. It thrills Gwen to know that 40 members of his old chapter, where he sang from 1959 to 1962, were at Hickam Field to greet him at 4 a.m. on his arrival from the Hanoi Hilton. She said he was aware of their singing and was pleased, but in the excitement of



WHEN MRS. ROBERT JAMES SCHWEITZER, wife of Ex-POW CDR Robert James Schweitzer goes to the beauty shop to get a new outlook on life, it means that Bob Schweitzer had better look out! The operator is NHO's own Robert Gonzales.

his return he cannot remember what they were singing. There were 600 other people there that morning yelling greetings. (Gwen's story did not stay her own; she talked more about Bob's homecoming than about herself.)

"We're a big family, with lots of relatives," Gwen said, "so Bob was personally welcomed all along the trip home. At Clark, a nephew, a Captain in the Air Force, met him and gave him a full rundown on all the cousins, aunts, nieces and nephews. That particular nephew had worn Bob's bracelet so long that it had become thin and was cutting into his arm, but he wouldn't take it off. There was much to catch up on. He himself had married and divorced during Bob's absence."

Gwen told of one incident that had particularly amused her husband on his Clark AFB stop. "He was kissing all the little girls—big girls, too," she said, "and he pulled one long-haired child to him who surprised him by pulling away." Another child in the crowd sort of furnished a valid reason, "That's a boy," she giggled.

Then on arrival at Travis AFB, a lot more kissing went on. Seventeen or 18 relatives and friends were there—best man, godfather of his son. The Commander's two sons, Karl, 14, and Eric, 12, were in the shouting receiving line. Gwen, later, was a bit disappointed when her husband gave his approval of Karl's long hair. She thinks that after her husband's regulation cut grows a bit, he, too, probably will start wearing a modified styling.

Since arrival at Naval Hospital—how have things been progressing for both of them?

Gwen declares that "The treatment we have been getting at Naval Hospital, Oakland, has been beautiful. They are doing just everything for us!"

And how is the health of her husband?

He came home about 17 pounds lighter than when he left, but the way he is eating, Gwen expects him to be back to his 172 weight rather rapidly. "Bob's in better health than I am, but they're busy with medical tests almost every day from 9 a.m. to 4 p.m. They're

U.S. Travel, Billeting Info Offered Families

Servicemen and their families will pay approximately nine per cent more for civilian motel accommodations in 1973 when traveling on a Permanent Change of Station (PCS) or on vacation in the U.S. However, they can take heart in the fact that there are 191 military installations which have temporary lodging facilities.

The military accommodations have also increased in price, but remain as one of the best bargains for military travelers. Many military lodges, constructed from non-appropriated funds, offer a family of five first-class facilities for about \$8 per night.

Unfortunately, military billets are much sought after during the summer months and chances for over-night lodging are considerably less than 50 per cent.

There are 6,305 temporary lodging units spread among the four services. Procedures for obtaining these billets vary by installations. Priorities for the guest houses usually follow the order of:

- families of members in the hospital;
- friends and relations of people stationed locally;
- service families PCS to respective installation;
- other—Space "A," including retired personnel.

Such statistics were accumulated recently by Military Travel Guide which surveyed thousands of U.S. hotels and motels and the larger stateside military installations.

Military Travel Guide (MTG) was formed by a group of service wives several years ago, in Washington, D.C., and is dedicated to finding better and more economical billets for traveling service personnel. Of over 8,000 hotels and motels surveyed by MTG, there are nearly 1,200 establishments which offer servicemen and their families a special discount, ranging from 10 to 50 per cent.

The higher (50 per cent) discount is usually limited to properties in large cities over weekends. The 1,200 motels and hotels offering discounts and complete temporary military accommodations are contained in the new sixth edition of MTG just released. The book can be purchased from wives clubs at most installations. Individuals desiring advance copies should contact: MILITARY TRAVEL GUIDE, P.O. BOX 9684, Washington, D.C. 20016. The 200 page book is \$1.25, 3rd class mail, \$2.00, air mail.

making sure "Plans for the near future, after processing is over and the boys are out of school, include a trip to Germany. Bob has held that desire since he was a small boy.

But for the more distant future of Bob's career, Gwen is skeptical about his going back to sea. Her once-dead husband now lives. "I want no more long cruises," she says, "I've had that!"

Exclusive Interview with Bette Estes Wife of Ex-POW CDR Edward D. Estes

By Jo Spivey, Editor

While husbands complete their medicals and go through their debriefings, wives still wait—and wait—and wait. At least most of them have time on their hands. They have been accustomed to waiting. This waiting is of a different kind—"More better," as a little girl might say.

But, how is the new waiting time spent?

Mrs. Bette Estes, wife of CDR Edward D. Estes, USN, a pilot shot down on January 3, 1968, while on a combat mission over North Vietnam, five days after her husband touched down at Naval Hospital, Oakland, had extra time. As she waited through her husband's processing, she spent Thursday afternoon in the Exchange Beauty Salon, making her suntanned self even more stunning for her Returnee.

Then she purchased a pair of tan, casual shoes for him at the Navy Exchange, looked at her watch and decided her husband should be just about finished with one of his many scheduled physical checkouts. So she walked up the hill to the Marine-guarded returnee sanctuary, Ward 6-North... only to find that husband Ed would not be ready to see her for another 20 or 30 minutes.

So, what did Mrs. Estes do with her 20 minutes? She had promised this reporter, who had passed her path briefly in the beauty shop, that she would drop in to give an interview "When I get the time." Having 20 minutes, Mrs. Estes graciously walked back down the hill from the hospital (located in the East Oakland foothills) to the office of this reporter, located in the Navy Exchange building. That "visit" brought forth the following insight as to what a wife's years, not minutes, of waiting were like.

"I'm really not much of a talker, so if you will ask me questions," Mrs. Estes began.

"All right," I started with the usual, "What was the hardest time for you?"

Beyond doubt, the 2½ years of not knowing, not knowing anything but that her Ed was missing (on his second tour of duty out) was absolutely the hardest time Mrs. Estes experienced. During that time in her mind she fluctuated back and forth: "He is!" "He isn't!" Through all of those 30 months all kinds of thoughts went through her head. And then, then came those six lines with which many POW-wives became familiar. They were in his handwriting.

After 2½ years Bette knew that her husband was no longer a MIA. Thank God, he was among the POWs, and he had not been hurt in the ejection.

And thereafter, over the remaining 2½ years Mrs. Estes received another 14 of those 6-line letters. She was permitted to write

her husband once a month, and this she did regularly. (He received only 22 of those letters.) There was no regular system to the mail Mrs. Estes received, but then—one cannot gear life to waiting for a letter each day. "You'd drive yourself nuts."

So Bette Estes continued life for the boys just as if... as if things were normal. Sure, she and the boys talked about their father's absence, but generally Bette "carried on," as did most of the other 22 wives of POWs living on the large attack base at Lemoore, Ca. She attended monthly meetings with the wives on base and four or five meetings of the National League of Families in Washington—the immediate family being flown there by the Government. Certainly there were decisions to be made frequently. Bette approached them with a little talk to herself: "Now, here is the situation. It's this way, so what am I going to do about it?" she would ask herself.

Living on base where there was an understanding community helped a lot. Bette gave instruction in tennis—a good reason for her tan, lithe figure; she taught school as a substitute teacher, mainly in elementary grades. Then, when she knew her husband was coming home, she wavered in her decision making. Should she meet him at Travis AFB or wait for him to arrive at the hospital?

He wanted her there.

After more wavering indecision, she finally said to her boys, James, age 12, and David, 10, "Why not go?" So the three went. And Bette experienced what she tabbed as "Absolutely The Happiest Day Of My Life." (Each word, the way she said it, deserves the capitalization, for Bette's eyes danced and her face glowed in her remembrance.)

"How is he feeling?" I asked.

"He does look tired, and IS very tired—who wouldn't be after that long flight from Clark. And he stayed up so late the first two nights," Mrs. Estes continued. She was having no difficulty talking about her husband in her enthusiasm. "He had lost about 15 pounds."

"And his spirit?" I hesitantly posed.

"Oh, he said it was just so, so overwhelming, so terribly overwhelming, the reception they received in the Philippines, in Hawaii and back here in the states. We believe the show of patriotism will help the American people to become more closely united."

Mrs. Estes was talking very freely. No questions necessary.

But I asked one.

Question: "And, Mrs. Estes, can you express your feelings on seeing your husband get off that plane at Travis?"

Answer: "I really, really—I can't. I can't remember," she threw up her hands. "I would like

to have a rerun of that whole meeting. We were so terribly excited that we had decided to meet him. He was very, very excited. I... I... I just can't express it...."

Indeed, Mrs. Estes could not seem to find words to express her joy. And she hasn't had too much time to talk over plans with her Ed. But she hopes to finally quit the waiting and she and her husband hope to get away for a vacation by themselves, "Oh, just anywhere." And then they hope to take another vacation with the boys—maybe taking them back to Missouri on a fishing trip.

Purdy, Mo., is the home of CDR Estes' parents, who were arriving on the eve of this interview for their first visit with their son since his return. His home of record is Purdy, however, the romance that made Bette Grosh, of Lancaster, Pa., Mrs. Edward Estes started on the night of a blind date in Pensacola, Fla. CDR Estes was an instructor at the naval flight school, and Bette was vacationing on the Gulf Coast.

Then Mrs. Estes, by nature an outgoing person, did not find it difficult to talk to Ed Estes. All she needs now is the time. Yes, she had been pretty fearful that conversation would be strained upon being with her husband after a span of so many years. "But, you know," she said, "conversation came easily, naturally. In a way it seems like old times. It is very easy to talk."

Don't Delay Because in Every Way You Are Missing Out. You have already missed the Senegal Dancers in your two-for-one Night Life Entertainment Booklet, also the Julliard Quartet and many other entertainment goodies. But on one play only, "One Flew Over the Cuckoo's Nest," you could almost save enough to pay for your \$5 set of booklets for Bay Area dinners and night life. It would seem that some of the coupons in the new booklets are valid on more days too. If you want to see if restaurants and drive-ins fit your needs, take a look. Special Services at your service.



LCDR CHARLES STACKHOUSE, CDR Charles Southwick and LT Gary Thornton at an earlier press conference, before the returnees were free to tell all.



THE DRINKERS . . .



WHO ARE THEY?

Alcoholics do not represent any single group in our population; the majority are definitely not "skid row" types. Alcoholism afflicts both men and women of all ages and from all walks of life.

The National Council on Alcoholism estimates that there are about 80,000,000 people in the United States who drink alcoholic beverages at least occasionally. Most drink socially with no grave ill effects. But for about 6,500,000 of these people, the use of alcohol has created very serious problems.

In addition to studying the causes of alcoholism, the Navy has instituted several programs to help Navy men who want to conquer this problem. Among these problems are: numerous rehabilitation centers, an attempt to get recovered alcoholics to serve as liaison for Navy commands and the study of alcoholism in every Navy training curriculum from recruit training on.

One such educational program at NHO will be the Seminar to be held by the National Council on Alcoholism on April 18 in the Clinical Assembly. Frank A. Seixas, Medical Director of the National Alcoholic Council of New York City will be the moderator and other knowledgeable men speaking at the Seminar will be CAPT James Baxter, USN, Bureau of Naval Personnel; James D. Beard, Ph.D., Tennessee Psychiatric Hospital and Institute; Dr. Charles E. Becker of the San Francisco General Hospital; Mr. Robert Scott of Beverly Manor, Orange, Ca.; Dr. Maxwell Weisman from the Maryland State Department of Mental Hygiene and CAPT Victor Holm, MC, USN, Chief of Psychiatric Service, Naval Hospital Bethesda.

The Seminar program will be repeated on April 19.

Sports Shorts . . .

Bambico Is Boxing All-Navy Champion

A technical knockout decision in the third round went to DT2 Vancio Bambico against Earl Toomer from NAS Norfolk. The 112-pound flyweight was pitted against a real fighter in his opponent. Before a sold-out audience at Mare Island, Vallejo, on March 29, our dental technician—the crowd roaring—slugged on to bring the All-Navy Championship home for Naval Hospital.

Four Navy men from the German ship Deutschland, anchored at Pier 33 in San Francisco, were transported to the match by a special driver from NHO. One of their number, Chief Horts Stut-singer, had been German champ for the years 1966 and 1968. He watched the All Navy match intensely and in broken English exclaimed, "Good fight!" when Bambico finished.

WHY NOT COLOR eggs with the Easter Bunny at the Oakland USO Club on April 18 at 8 p.m.?

WHEN LOOKING for "secret faults," remember you can begin at either end of the word SIN and always find "I" in the middle of it.

IF IT'S TRUE that we profit by our mistakes, then some people should be millionaires.

Below is a list of 12ND Track and Field records established.

How do you think you can do against these records?

Naval Hospital has several people interested in track this year. Contact Ron Brown at ext. 2350 if you are interested in either the running or field events, Special Services has a javelin, shot put and discus for checkout if you want to practice.

Now! Here are the records to shoot for:

Event	Time	Year
Mile	4:23.3	1972
440	50.5	1960
100	9.6	1964
120HH	14.5	1960
880	1:56.6	1968
220	21.3	1960
2 Mile	10:04.8	1971
180 LH	19.3	1964
880 Relay	1:33.5	1958
Shot Put*	50'10"	1964
High Jump	6'9"	1968
Pole Vault	14'	1967
Broad Jump	23'	1960
Javelin*	227'	1970
Discus	166'2"	1963
Triple Jump	47'8"	1969

The 1973 Track Season starts April 18 at NAS Moffett Field, at 5 p.m. Transportation will be provided.

*NH holds record.

MANY SPEEDERS have found that Sunday can be a day of arrest.

Last Returnees Touch Down at NHO

... on March 30, 1973, GARY L. DAVES, civilian working in Vietnam with the International Voluntary Services. Captured at Hue, South Vietnam, on February 1, 1968, during a Tet offensive. Born in Santa Monica, Ca. Age 30, Single. His parents are Mr. and Mrs. Glenn Daves of Mescalero, New Mexico, his home of record.

... on March 31, 1973, LCDR AUBREY A. NICHOLS, USN (pilot), shot down May 19, 1972, while on a combat mission over North Vietnam. Born in Tucson, Ariz. Age 33. Wife, Wanada, and sons Loren, age 5, and Bradley, age 3, live in Lemoore, Ca. His parents, Mr. and Mrs. Clyde P. Nichols, live in El Paso, Texas, his home of record.

... on March 31, 1973, LT THOMAS B. LATENDRESSE, USN (pilot), shot down May 27, 1972, while on a combat mission over North Vietnam. Born in Yakima, Washington. Age 29. Wife, Nancy, lives in Lemoore, Ca., with their children Thomas, age 6, Carter, age 5, Gregory, age 4, and Lisa, age 2. His parents are Mr. and Mrs. Roy T. Latendresse of Yakima, Wash.

... on April 1, 1973, LCDR HENRY D. LESESNE, USN (pilot), shot down on July 11, 1972, on a combat mission over North Vietnam. Born in Florence, S.C. Age 38. Wife, Linda, and daughters Elizabeth, age 1, Lisa, age 7, and Victoria, age 3, live in Lemoore, Ca. His mother, Mrs. Emma L. Lesesne, lives in Columbia, S.C., which is his home of record.

... on April 1, 1973, LTJG MICHAEL G. PENN, USNR (pilot), shot down August 6, 1972, on a strike mission northeast of Haiphong. Born in Dallas, Texas. Age 27. Wife, Carolyn, and son, Derek, age 2, live in Lemoore, Ca. His parents, Mr. and Mrs. Homer G. Penn, live in Littleton, Col. Home of record is Fort Worth, Texas.



SCHIFFSARZT OBERTUR and Schiffsarzt Schuarz, Lieutenant Commanders in the Bundesmarine (German Navy) and three corpsmen off the Schulschiff Deutschland were escorted on a tour of Naval Hospital. Here Mr. Charles Asbelle explains some of the research being carried on in the NPRL (Navy Prosthetics Research Laboratory).

Scuttlebutt

As a send off for the SEA Master Chief Jack Dickens, 24 fellow culprits will shoot a few at the Marina Golf Course, then have pizza and beer and bust at Koppie's Parlor on April 14.

HM of the Hal Morris Theatrical Agency watched a karate class at building 61-A, and on observing the 16,000-year-old Kung Fu demonstration, signaled a go-with-it. Bill Elwood, Peter Hankel-Shepherd and Mark Hicks (a green belt upcomer) showed off the art of the tiger, crane, mantis and dragon. Mrs. Elwood had a first for the evening when she split a pine board with one of those just-right slashes.

TV's showing of "Pueblo" captured an intense military audience for reenactment of that military drama on screen. A few people at NHO remember when CDR Lloyd Boucher was around this compound in 1969 for some dental repair.

"Crafts Project" had one only of the ceramic plaque "The Last Supper." A patient on Ward 7-West generously agreed that another patient, a minister, HN Mike Fisk, should be given the art work.



Born at Naval Hospital, Oakland, on March 20, 1973, Shane Thomas Vanlandingham, 5 pound, 15 1/4 ounce son of Connie and HM Tommy L. Vanlandingham on March 29 Arthur Merrimon Freeman IV, 7 pound, 6 ounce son of Linda and LCDR Arthur M. Freeman III on April 3, Maureen Rose Manjerovic, 9 pound, 4 ounce daughter of Mary K. and LT Richard M. Manjerovic on April 3, Richard Adam McElreath, 8 pound 3 1/4 ounce son of Anne and LT Ricky L. McElreath

The OAK LEAF

Vol. 34, No. 35

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Friday, April 20, 1973



Diplomatic Cheerfulness Sailor of the Month



HM2 SAMUEL TOBIAS

Sailor of the Month for March is HM2 Samuel Tobias, who performs his duties as part of the Regional Operating Services Department in an outstanding manner. The portrait above does not show the broad smile usually displayed by HM2 Tobias. He performs duties normally assigned to more senior personnel, and accepts added responsibilities willingly with a cheerful smile. This is his fifth year in the Navy, and he expects to stay in.

Petty Officer Tobias is the 7th child of ten. He grew up on a farm in Liberty, Mississippi, where his parents still reside. Sam Tobias considers that he is going to retain Oakland as "home" for the present. It was near here, up at Benicia, where he caught a 6 1/2 pound striped bass, and being near waters where he can wet a line suits Sailor of the Month Tobias just about right.

LET'S HAVE ANOTHER GLASS OF MILK—Navy statistics show a decided decline in the consumption of coffee and an increase in milk drinking. Last year, however, the Navy was still getting enough coffee to brew 180,000,000 cups.

Navy Exchange

The Navy Exchange Retail Store, Beverage Store, and Location Store in building 500, will be closed on Monday and Tuesday, April 23 and 24, 1973, for inventory. Service departments will operate on a normal schedule.

Navy Resale System Reflect Price Trends

Naval personnel, as well as their counterparts in the civilian community, have been inundated recently with facts and figures concerning increases in wholesale prices and the cost of living. While most of the national attention is being focused on food prices, non-food commodities have not escaped the upward price spiral.

According to the U.S. Department of Labor, the largest increase in the price of all commodities during the past year was recorded in February 1973. The Wholesale Price Index for all commodities registered approximately 127. This means that it costs \$127 today for something that cost \$100 in 1967.

How does this affect you, the Navy Resale System customer? Simply stated, the Navy Exchange is subject to the same economic factors as commercial stores. If wholesale prices increase, retail prices, including those in the Navy Exchange, also increase.

If a manufacturer has to pay more for the materials used in making a product, he has to charge more when he sells the product. This increase is reflected in the "shelf" or retail price of the goods.

Buyers at the Navy Resale System Office and at your local exchange constantly strive to get the lowest possible price on all items for the Navy customer. Yet, when a manufacturer or producer has to pay more to produce his product, this increase is passed down the line to the retail customer. This is a fact of economic life.

As you shop in your Navy Exchange you'll probably notice that the price on various items is inching upward. This is a reflection of the current nationwide economic trend. Shoppers at commercial outlets are experiencing the same thing, but to a greater degree.

The mission of the Navy Resale System has always been and will continue to be "to provide goods and services at the lowest practicable price." This means that your Navy Exchange still provides, on the whole, the best buys for your money.

Holy Week

April 19-22, 1973

Naval Hospital

Oakland, California

ECUMENICAL SERVICES FOR PROTESTANTS AND CATHOLICS

Cantata: "The Crucifixion"

7:30 p.m., April 20, St. Luke's Chapel

3 p.m., April 22, Clinical Assembly

ROMAN CATHOLIC

12:00 Holy Thursday: Eucharistic Celebration—Clinical Assembly

12:00 Good Friday: Liturgy and adoration of the cross—Clinical Assembly

Holy Saturday:

7 - 7:30 p.m. Confessions—Chapel of Hope

8 p.m. Easter Vigil Service—Chapel of Hope

8:30 a.m. Easter Sunday: Mass of Resurrection—Clinical Assembly

12:15 p.m. Easter Sunday: Mass of Resurrection—St. Luke's Chapel

The Sacrament of Penance will be available before all services.

PROTESTANT OBSERVANCES

6:15 p.m. Maundy Thursday—Holy Communion—Chapel of Hope

11:30 a.m. Good Friday Service—Chapel of Hope

9:30 a.m. Easter Service—Chapel of Hope

9:30 a.m. Easter Service—Adult and Youth Study, Bldg. 133

10:30 a.m. Easter Service—St. Luke's Chapel

JEWISH OBSERVANCES

Passover Seder Service and Dinner were observed April 16, 1973 at the Jewish Community Center, 3200 California Street, San Francisco.

Lift a Finger

Be a Volunteer for Action. Lift a finger to be of service to your community. Phone 864-4200 to volunteer. Although special skills are required for many jobs, most require only friendliness, a smile, average skills such as reading and writing, singing, talking—but most of all caring. Caring enough to help.



BALMY SPRING DAYS make for outdoor lunching on the deck of building 38 outside the snack bar at the Navy Exchange.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HNR L. Juschka,
HM3 N. G. Johnson

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev. July 1958

THE OAK LEAF receives American Forces Press Service material

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627

+ + CHAPLAIN'S CORNER + +

WHAT IMPORTANCE HAVE I?

One of the great problems we all have to face is the seeming unimportance of our lives. For each of us, our own spark of consciousness makes us feel that we are the center of the universe, and only that is real which we experience. Yet we also know that we shall die and soon the memory of us shall perish. The earth thrown on our grave will be like the sea behind a ship, the air behind a bird, closing swiftly to remove the signs of our passage through life.

We want our importance as persons to be recognized. At the same time we are aware of our comparative insignificance in this world. This clash between desire and fulfillment makes us ask: "Does my life have any real meaning?"

This worries those who feel the years are slipping by without any sense of achievement. It haunts the elderly who have only the time loneliness gives them, and are left to wonder what purpose life can have if it has brought them so far for seemingly so little. It has bred, at least in part, the violence of our age, since violence is often a last desperate attempt to make people take notice.

Where can we turn for consolation?

To the philosophers and wise men of today? Many of them tell us life has no meaning, other than to get what pleasure we can out of it and to avoid sorrow, as much as possible. But the pleasures they advertise never last, and sorrow is soon back as we meet life's inevitable disappointments.

Still, the very disappointments of life bear a message of hope. For they bring out man's desire for full and complete happiness.

There are two roads open to man. One is to seek happiness in a world which does not have it to give. The other is the road to God, who put the desire for happiness in man's heart and is the "only" One who can fulfill it.

Do we want to live life to the full? During this Easter Season, let us listen to Christ, "I have come so that you may have life, and have it to the full." (John 10:10)

Do we fear that our unfulfilled hopes will end in death? During this Easter Season, let us listen to Christ, "I am the resurrection and the life. If anyone believes in me, even though he dies, he will live; and whoever lives and believes in me, will never die." (John 11:25)

—LCDR JAMES C. CLIFT, CHC, USNR

NEED MILK or BREAD? Stop off before exiting the gate. The Beverage Shop (small grocery) is open until 5:30 p.m. Monday through Friday and until 1:30 on Saturday.

A LOT of SERVICES are handled in building 38, known as The Navy Exchange Building."



LCDR CAREY, CDR SCHWEITZER AND LTJG PENN at a press conference held April 6. For LCDR Carey, growing a moustache was ample cause for a beating in the hands of his captors.

EXEC-LINE

* I recommend that indoor handball courts be built or at least that someone look into the possibility of converting one of the older outlying buildings into an indoor court.

It is not feasible to put a handball court into an old building because the ceilings are so low as to require a major undertaking: plumbing, heating and electrical replacement would be a high-dollar investment for such old buildings. However, indoor handball courts are included in a military construction program for a new gymnasium; it is noted that, unfortunately, planning is some years in the future.



BEHIND DARK GLASSES are LT Thomas B. Latendresse, USNR, and LCDR Aubrey A. Nichols, USN, who arrived at NHO on March 31.

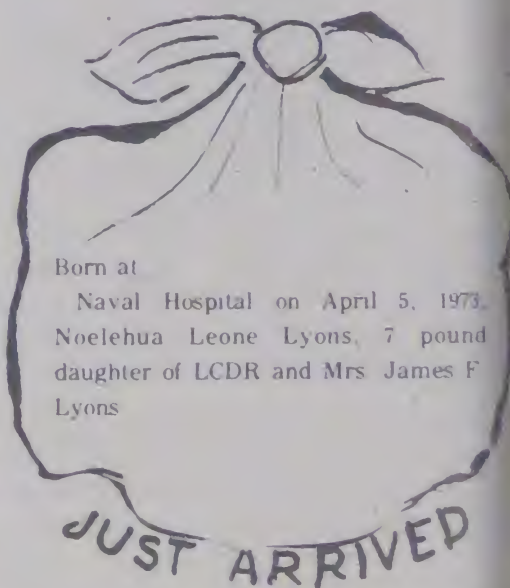
Mini

Scuttlebutt

SHHH, don't tell all those fishermen exactly where New Lake Hogan Reservoir is just above Stockton, and maybe they won't deplete the food fishing. It came to us through "Western Outdoor News" that DT1 John Cooper, Jr., of the Dental Annex, caught a 6 1/4 pound bass there. For disbelievers, it is frozen in his fridge right now, awaiting mounting. For non-fishers, maybe they don't know that size lunker, in the big-mouth bass family, is just about whale size.

The fourth race at Golden Gate track on April 11 was dedicated to the Officers' Wives' Club of Naval Hospital. Although the gals failed to win on Fleet Tactics, Busy Port and other nautically named horses in the fourth, Dottie Moore's Turf tipster gave her the secret combination for the first Exacta. Her \$2 paid \$54 at the cashier's window. One member of the inspection team recently on our compound, W. D. Norris, HMCS, USN, writes, "... I must say I have never been to a command where so many people are happy and content with their work."

Last year, 92.8 percent of the 3,047 cases of malaria reported in the United States were acquired in Vietnam. Of the 3,047 cases reported, eight were fatal.



Born at
Naval Hospital on April 5, 1973,
Noelehua Leone Lyons, 7 pound
daughter of LCDR and Mrs. James F.
Lyons



GARY L. DAVES was the one civilian Ex-POW to return to the CONUS and process out through Naval Hospital. His press conference was carried in the April 6 issue of "The Oak Leaf."

consumer DEFENSE

American motorists spent more than \$20 billion last year for new automobiles. And, according to a recently published study by the Federal Highway Administration of the Department of Transportation, they will spend about \$40 billion more over the next 10 years to operate and maintain these cars.

The purchase price is only the first step in a long line of costs incurred in operating and maintaining a car during its approximate 100,000-mile, 10-year trip from the assembly line to the junkyard.

During this period, the owner of a standard size car, living in a suburban area, will pay \$2,787, including tax, for some 7,350 gallons of gasoline. He will pay \$2,147 to maintain and repair the vehicle, \$1,350 to insure it and over \$1,800 for parking and tolls. His state and Federal automotive tax bill, most of which goes to support the roads he drives on, will amount to \$1,319—about 9.7 per cent of total costs.

This information is contained in the 1972 edition of *Cost of Operating an Automobile*, published by the Department of Transportation. Single copies of the booklet can be ordered from Consumer Product Information, Washington, D.C. 20407.

Tables in the booklet summarize the costs of operating three types of 1972 automobiles for a 10-year period—a standard size "big 3" four-door sedan, an American-made compact and a subcompact.

While many people believe that their single greatest outlay for automobile transportation is gasoline, records show that it is only the third highest cost for a standard size car and fourth highest for compacts and subcompacts.

By far the largest single cost of owning and operating an automobile is depreciation. If a standard size car were purchased new for \$4,379 and sold at the end of one year, after it had been driven 14,500 miles, depreciation costs would be \$1,226 or 8.5 cents per mile. At the end of 10 years, total depreciation cost would equal the purchase price of the car, and would come to 4.38 cents per mile.

The overall cost of operating a standard size automobile for 10 years, or 100,000 miles, averages out to 13.6 cents per mile; for a compact, 10.8 cents per mile; and for a subcompact, 9.4 cents per mile.

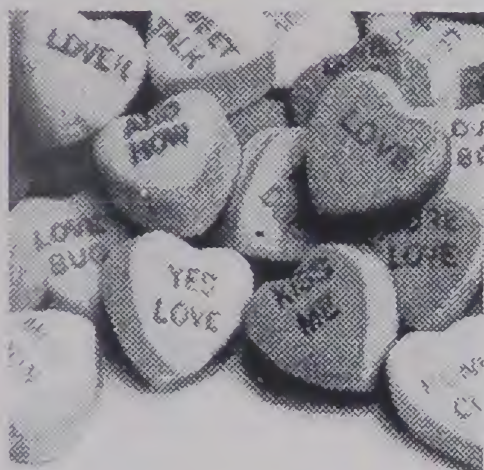
When initially applying for GI Bill benefits, a veteran should include a copy of his Report of Separation (DD Form 214). This reduces processing time. Application should be made at the nearest VA office.

Booklets Offered On Consumer Abuse

The U.S. Department of Agriculture has released five of its popular "How to Buy" series in Spanish translation. Now available are the following Spanish editions: *Como Comprar Hortilizas Frescas* (How to Buy Fresh Vegetables), 20 cents; *Como Comprar Habas, Guisantes y Lentejas en Seco* (Dry Beans, Peas, and Lentils), 25 cents; *Como Comprar Fruta Fresca* (Fresh Fruit), 20 cents; *Como Comprar Carne para Conservar en el Refrigerador* (Meat for your Freezer), 20 cents; and *Como Comprar Bistecs* (Beef Steaks), 15 cents. The booklets can be ordered from Consumer Product Information, Washington, D.C. 20407.

Booklets in the "How to Buy" series are designed to provide consumers with information which will enable them to get the best quality and value for their money when shopping for food.

Too Much Sweets?



'Thinking Thin' May Work

Two Brooklyn VA doctors have found a spot in your brain that can keep you from getting fat.

The two on the Brooklyn, N.Y., VA hospital staff, Dr. Albert F. Debons and Dr. Isidore Krinsky, have figured how the brain's data processing center (that regulates appetite) operates to keep average people from over-eating.

The two scientists expect the finding to be applied eventually, to prevent people from eating so much that they become obese, perhaps by developing a pill that will regulate this spot in the brain.

Writing in the May 1972 issue of the journal *Postgraduate Medicine*, the two doctors presented evidence that the satiety center participates in the mechanism for maintenance of a normal caloric balance by serving as a site where information on the status of glucose utilization is monitored and transmitted into the central nervous system.

Studies in obesity in relation to diabetes are being performed here at Naval Hospital by LCDR Stephen Lewis. The diet prescribed prohibits fruits and sweets, but is certainly not starvation oriented.

Be Fashionable-- WASTE NOT

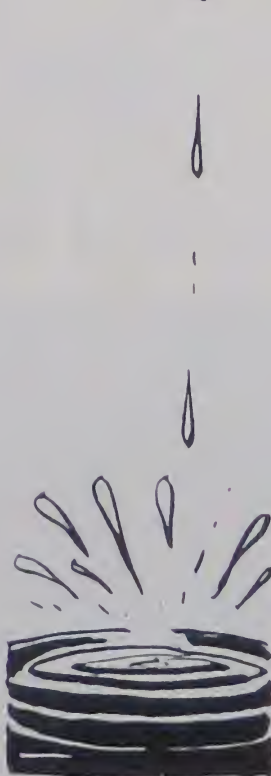
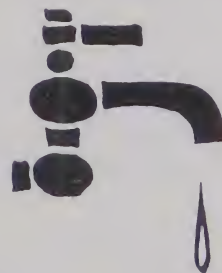
Remember this one: "Don't keep turning off the lights. It's cheaper to leave them burning because the bulb wears out with constant switching."



Actually, switching has little effect on the life of an ordinary bulb. It may apply, however, to fluorescent lights which lose about three hours of service life every time they're turned on and off.

You can definitely save money on bulbs by buying the right bulb for the lamp. Never exceed the manufacturer's recommended wattage on light fixtures. For proper illumination, choose lighting by lumens (light output) rather than by wattage. It's also a good idea to occasionally dust light bulbs. Dust reduces light output.

Water conservation starts at home. Repair that leaky faucet.



Keep your water heater thermostat set between 140 and 160 degrees for normal use. If you use a dishwasher, don't wash partial loads. That goes for clothes washers too. Partial loads waste water and electricity.

Good conservation not only saves resources, it saves you money.

For the baker: Every time you

3 New Courses For USAFI Listed

The United States Armed Forces Institute (USAFI) has made available three newly improved college-level courses.

Principles of Accounting I and II (courses F525-526) parallels a two-semester course in accounting commonly offered in junior colleges and four-year colleges and universities. The courses cover basic concepts and procedures of accounting as they relate to the process of identifying, collecting, measuring and reporting information on business activities.

Prerequisites for enrollment in F525 is sophomore college standing or completion of a college course in Introduction to Business or in Principles of Economics. It is a basic course for students intending to major in any business field.

Basic Technical Drawing and Graphics (Course D770) replaces the USAFI course C770, Introduction to Mechanical Drawing II and is considered a one semester, college-level course.

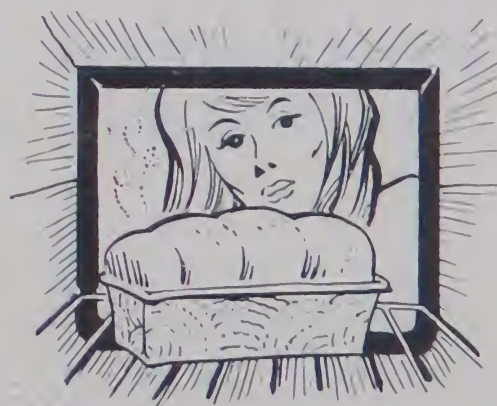
D770 will develop the necessary drafting skills needed by students of engineering and technology and help them to understand the theory, principles and practices of engineering drawing and graphical forms of presentation.

Business Law I and II (courses D533-534) parallel a two-semester course in business law commonly offered in civilian colleges and universities at the sophomore-junior level.

D533-534 covers history of legal development, contracts, agency partnerships, bankruptcy and legal problems related to the consumer and to the employer-employee relationships.

For complete information on the new courses or any USAFI course, contact your unit education officer.

open the oven door you lose 20 per cent of your heat, according to one electric company in the Nation's



capital. Foods you intend to bake should be put into the oven the moment it's pre-heated. You don't have to preheat for broiling or roasting.

THE MOST RECENT census report discloses that 43.1 percent of all males in the United States over 16 years of age are veterans. With their families and the dependent survivors of deceased veterans, they make up almost half the population of the United States.

'Travel on Less Per Day — the Military Way' ... Europe Too!

With the dollar sinking lower in value, thousands of service families are looking for ways to cut their traveling costs. A new book, "U.S. Forces Travel Guide Europe," gives helpful ways on how it can be done. It was compiled, written and edited by military wives, and the 160-page paperback book details information on more than 160 installations in 17 countries in the EUCOM and Near East and Atlantic areas. It gives directions, information on temporary military lodging at transient billets, location and phone numbers of all logistical and medical support facilities and recreation information both on and off military installations.

The book may be ordered from the publisher, Military Marketing Services, Inc., 2300 S. 9th St., Suite 504, Arlington, Va. 22204 for \$2.30, \$2.60 or \$2.80, depending on whether 3rd class, 1st class or air mail postage rates are used.

Hail & Farewell

OFFICERS DETACHED:

LCDR M. R. Corbett, MSC, USN (Retired); LTJG Karen Mertens, NC, USNR, RAD; LTJG Patricia Robinson, NC, USNR, RAD; LTJG Janet Schmiede, NC, USNR, RAD.

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HAs Benjamin Butler, Charles Pace, Donald Heckler, David Plut, and HNs Charles Alvarez and David Higgins; HAs Jay Kessler, Kenneth Corvino, Michael Smith, Thomas Vigil, and HA James Wahlmeier; HNs Thomas Martin, HN Roland Nadeau and Robert Jacobson; HA Rickey Witt; HM2 Leearecell Wesley; HAs William Watts, Timothy Haggerty, Kevin Kuwada, HM3 Michael Broz.

From Naval Hospital Corps School, Great Lakes, Ill., HAs Peter Wong and Gail Cast.

From Naval Air Station, Alameda, DTC Edward Marsden.

From Naval Station Treasure Island, San Francisco, HMI Edwin Petrus.

ENLISTED DETACHED:

To Aerospace Regional Medical Center, Pensacola, Fla., HN Kris Blackmarr.

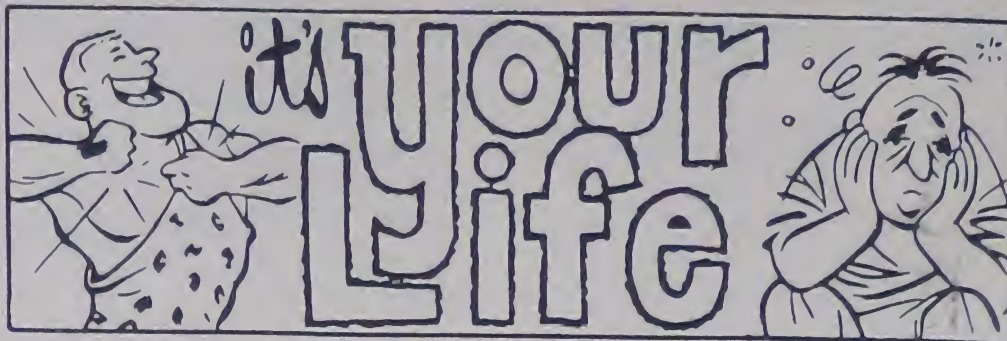
To Field Medical Service School, Camp Pendleton, HN Michael Bryce.

To USS OUELLET (DD-1077), HN Rufino Daquioag.

Released to Inactive Duty in Naval Reserve, HN Donald Coutts and HM3 James Vermeulen.

Forest fires burn more than trees.

They kill life. Of all kinds of all ages. When fire sweeps through a forest, it destroys all life. And nothing is all that simple. Only you can prevent forest fires.



Do's and Don'ts For Jogging

By Fred Gass

Start your jogging program after first having a medical checkup. You can jog early in the morning on the sidewalks or deserted streets in your neighborhood; on the grass, pathways or roads of a nearby park; on the running track or the football field of the nearest high school or college.

Or you can run at midday, instead of eating lunch. If both early morning (before work) or noon-time are not practicable then jog before supper, or two hours after eating.

In Poor Condition?

Assuming you're in poor condition, the best way to begin your program is by selecting three days a week on which to run, with a day of rest between each day of jogging.

It's important that you wear a properly fitting, fairly sturdy pair of flexible shoes to jog in. Good tennis shoes will do but there are many shoes especially designed for jogging and distance running available at sports stores and in the sports departments of large department stores.

To help cushion your feet and prevent blisters, wear at least one thick pair of woolen socks. Many runners wear an extra pair of thin socks next to their feet.

Begin your back-to-dynamic-health program with three ten-minute walking and jogging sessions each week during the first month.

Don't Overdo

To be sure you're not overdoing it, and are systematically progressing slowly enough for your body to make the necessary physiological adjustments, you should carefully measure the amount of exercise you're getting by counting each step, during the

beginning walking-running sessions.

Not only is the counting of steps during the first nine weeks good discipline, although it will seem very boring, it assures that you're getting an accurate measurement of personal physiological progress.

Start your eleventh week by increasing your jogging time from 10 to 15 minutes. Although this is a 50 percent increase in exercise, it will be easier than you think.

11th Week

Jog easily during the 11th week and for the following five weeks. At the end of this time you will have completed four months of gradual conditioning.

Stick with the 15-minute jogging routine for the next four months but increase the number of running days each week from three to four (for two or three weeks) and then to five days each week.

During your jogging program you'll notice many changes for the better in your system. Gradually, you'll feel better, stronger and more alive. Nature will reward you for your exertion.

During your first 3-day week, run ten steps very slowly then walk for 90 steps. Repeat this routine until your ten minutes are up. If you're in poor condition, this is plenty of exercise. Remember that walking is exercise too.

Run Flat-footed

When you run, try to run flat-footed, taking the weight of each step as evenly distributed as possible on each foot. Letting your foot hit the ground heel first jars your bones and strains the ligaments more than landing flat-footed.

If you run by letting your toes strike the surface first (as one does in sprinting) you'll severely tax your calf muscles, with resultant tenderness and possibly chronic soreness.

During your second week jog for 20 steps, walk for 80, for ten



TIGER TOM, a Minx, behaved very well on the occasion of being brought for shots by Shelley and Nikki French, daughters of HM1 Otis French, Military Personnel, and a neighbor friend Tonya Bizé. The cat belongs to Mrs. J. P. Ables, who also lives in enlisted housing.



MICHAEL GABRELL (Neurology Clinic) and his wife, Mary, line up with Sophie and Sadie for their inoculations at the first Animal Shot Clinic held at NHO.

CHAMPUS Corner

HOSPITALS

With the costs of medical care soaring, an important point to consider when choosing retirement home is the location of the nearest Service hospital. CHAMPUS has alleviated the problem to a large extent, yet it is valuable to know that medical care at a well-run Service hospital, or a U.S. Public Health Service hospital, is near at hand.

Following is a list of military hospitals in California plus U.S. Public Health Service hospitals.

Navy Hospital, Camp Pendleton; Travis Air Force Base, Fairfield; Sierra Army Depot, Herlong; Naval Air Station, Lemoore; Vandenberg Air Force Base, Lompoc; Beale Air Force Base, Marysville; Castle Air Force Base, Merced; Fort Ord, Monterey; Edwards Air Force Base, Muroc; Naval Hospital, Oakland; Naval Construction Battalion Center, Port Hueneme; March Air Force Base, Riverside; Mather Air Force Base, Sacramento; Naval Hospital, San Diego; Naval Hospital, Long Beach; Letterman General Hospital and U.S. Public Health Service Hospital, San Francisco; Fort MacArthur, San Pedro; Hamilton Air Force Base, San Rafael; George Air Force Base, Victorville.

minutes each day of your program.

With each passing week increase your running steps by ten, decreasing your walking steps by the same number, in reaching every 100 steps. You'll therefore begin your tenth week by jogging for the full 100 steps. Of course, this means you're running slowly for ten full minutes, therefore you no longer have to count your steps.

FRUITVALE MOTOR PARTS

in Oakland, offers savings of 30-40 per cent on most purchases and machine shop work to all active duty military personnel upon presentation of their ID cards. More information in Special Services.



POOR BURR—Though the sun was shining on the day of the Animal Shot Clinic, Mr. and Mrs. Ron Thompson couldn't get Burr to stop shaking. Ron works in the NP Clinic.

Driving Caution Is Advised

The following is a consensus of advice from many law enforcement agencies to protect against would-be marauders and assailants while driving alone. It is particularly good advice to women drivers.

- Keep the gas tank filled and keep the car in top mechanical condition.
- Drive only on well-lighted streets, even if it means driving out of the way.
- Lock all doors, keep your purse, jewelry and packages out of sight. The flash of a diamond can be the trigger to serious trouble.
- Keep your car in gear at all intersections. If anyone tries to open the door you are ready to move.
- You are most vulnerable when locking and unlocking the car, so park in attended commercial lots or on well-lighted streets. If someone is loitering near your car, keep walking until you can get reliable help.
- Look carefully into the car before entering.
- Never, under any circumstances, pick up a hitchhiker—man or woman.
- Tell someone your route, destination and estimated time of arrival. Stay in your car if it breaks down. You are safest in a locked car with the windows closed. Wait for the police or other authorized persons. Tell strangers, through the closed window that your husband has gone for help or that the police are on the way.
- If you have reason to believe that you are being followed, drive to the nearest police, fire or well-lighted gas station. Don't go to your home even if it's close by.
- Should another car block your path, sound your horn repeatedly for help. But stay in the locked car.
- Don't try to reason with a criminal.
- If all else fails, scream as if your life depended on it. **IT PROBABLY DOES.**

—NavShips BULLETIN

S.F. USO Offers Goodies

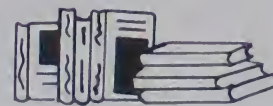
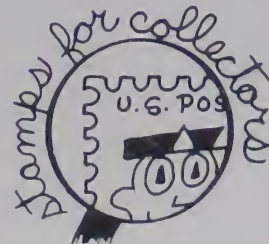
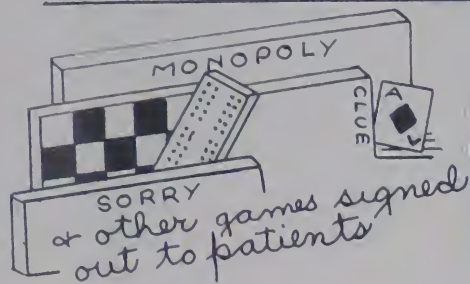
Saturday, April 21—EASTER SEMI-FORMAL DANCE, 8:30 'til 11:30 p.m.; BIG CHEESE COMEDY (professional entertainers), 7:30 p.m.

Sunday, April 22—EASTER SUNDAY BUFFET, 5 p.m. Free ham buffet for all military and dependents.

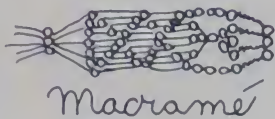
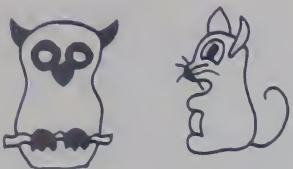
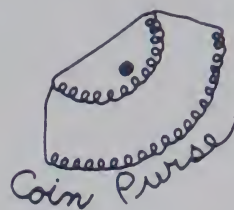
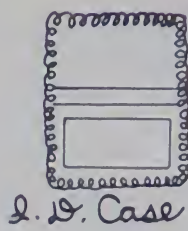
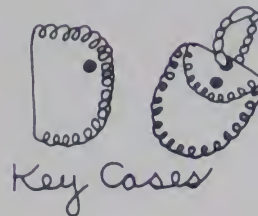
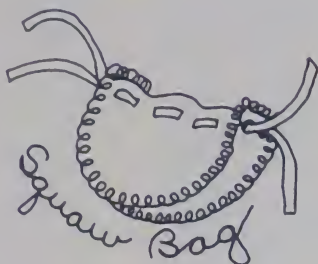
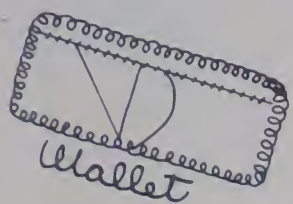
Saturday, April 28—CHESS TOURNAMENT, 2 p.m., with Alexander Sienkiewicz, Chess Master. Chess workshops are offered every Saturday at 2 p.m. at the USO.

WHEN DID YOU LAST ATTEND of Sunday services at the Chapel?

Looking for something to do? ON THE WARDS—



Sci-Fi - Westerns, Detective, Etc.



FELT ANIMALS —

BAMBI
BUNNY
CAT
CHICADEE
CLOWN
DOG
DONKEY
ELEPHANT
GIRAFFE
GOAT, NAVY
HORSE
JAYBIRD
LADYBUG
LAMB
LION
MARINE
" BULLDOG
MONKEY
MOUSE
OWL
PANDA
PENGUIN
SAILOR
SKUNK
SNOOPY
TURTLE
WORM

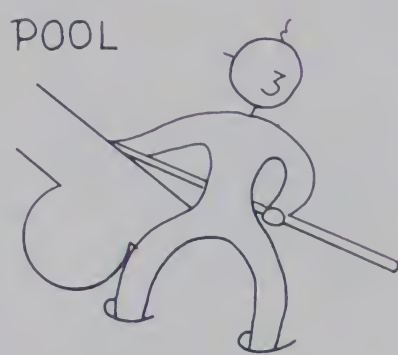
RED CROSS LOUNGE - 71A OPEN 8:30 - 4:30 — MON. - FRI.



PING PONG

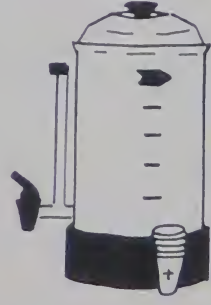


MUSIC



POOL

BOOKS & TV



COFFEE ON
8:30 - 4:30
MON. - FRI.



PACKAGE WRAPPING MATERIAL



IRONING ROOM

SHUFFLEBOARD



—drawing by Peggy Gough

Movie Schedule

<p>Friday, April 20 POCKET MONEY—Paul Newman, Lee Marvin—Comedy Western—PG</p> <p>Saturday, April 21 BARABBAS—Anthony Quinn, Silvana Mangano—Drama—(N/A)</p> <p>Sunday, April 22 CRY OF THE BANSHEE—Vincent Price, Elisabeth Bergner—Horror Drama—PG</p> <p>Monday, April 23 THE GETAWAY—Steve McQueen, Ali MacGraw—Action Drama—PG</p> <p>Tuesday, April 24 EAGLE IN A CAGE—Kenneth Haigh, Billie Whitelaw—Historical Drama—PG</p> <p>Wednesday, April 25 TREASURE ISLAND—Orson Welles, Walter Slezak—Adventure Drama—G</p> <p>Thursday, April 26 THE SECRET OF SANTA VITTORIA—Anthony Quinn, Anna Magnani—Comedy—PG</p> <p>Friday, April 27 THE ORGANIZATION—Sidney Poitier, Sheree North—Drama—PG</p>	<p>Saturday, April 28 A BULLET FOR PRETTY BOY—Fabian Forte, Jocelyn Lane—Drama—PG</p> <p>Sunday, April 29 CANNON FOR CORDOBA—George Peppard, Giovanna Ralli—Historical Drama—PG</p> <p>Monday, April 30 PETE N' TILLIE—Walter Matthau, Carol Burnett—Comedy—PG</p> <p>Tuesday, May 1 CHANDLER—Warren Oates, Leslie Caron—Crime Drama—PG</p> <p>Wednesday, May 2 IMAGES—Susannah York, Cathryn Harrison—Drama—R</p> <p>Thursday, May 3 CROSSPLOT—Roger Moore, Martha Hyer—Drama—PG</p> <p>Friday, May 4 THE RECKONING—Nicol Williamson, Rachel Roberts—Melodrama—R</p>
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**Sign of
the good
neighbor.**

The American Red Cross

advertising contributed for the public good

Clinical Assembly
Building 500—7 p.m.

SPORTS AND STUFF

Naval Hospital Oakland concluded their first "One on One" basketball tournament on April 5 with Harry Washington of PMT School emerging as the champion over 30 participants.

The score of the final game was 20-16. Harvey Simpkins earlier in the evening defeated Tony Tavares by a score of 42-37.

The match between Simpkins and Tavares was the longest and most grueling match of the tournament.

Washington and Simpkins played on the NP team during regular intramural league play. Their team ended up 2nd (ENT captured 1st) for the 1972-73 season.

For those who are not familiar with the "One on One," it means that one player is pitted against another and only half the basketball court is used for the game.

The rules are simple. First player to get 20 points is declared the winner. One referee is used, who calls the usual fouls, and so forth. A player must win by 4 points (for example, if one player is ahead by 20-18, he must win 22-18).

SLOW PITCH

INTRAMURAL SOFTBALL

Fifteen teams signed up for the 1973 slow pitch league.

This year may be the biggest year ever for slow pitch as 15 teams have signed up for league play. Below is the list of teams:

Food Service	OR
(1972 champs)	ORTHO
EENT	GPO
Surgery	MSC
Toxicology	NP
CIO	LAB
USS SANCTUARY	X-Ray
PT/OT	7-South

TWELFTH NAVAL DISTRICT MEN'S BOWLING LEAGUE (Results through 19th Week)

	Won	Lost
NAS Lemoore	41	16
NAS Alameda	38	19
NATSTA Treas. Is.	34½	22½
NAS Moffett Field	31	26
NAVSECGRUACT		
Skaggs	30	27
NAVSUPPACT		
Mare Is.	23	34
NAVHOSP Oakland	16½	40½
NAVSHIPYD		
Hunters Pt.	14	43
Refer all questions to Ron Brown, ext. 2350.		

GOLF

Naval Hospital defeated Naval Air Station Lemoore 15-12, for the 2nd golf win of the season.

TENNIS

The dates of the Men's and Women's Table Tennis Tournament have been changed to April 27-28 instead of April 20-21.

SCHEDULED EVENTS

Schedule of current Twelfth Naval District Sports Championships Recreational Activities:

April 27-28—7 p.m.:

† Women's Table Tennis Tournament

NAS Lemoore

† Men's Table Tennis Tournament

NAS Lemoore

April 21—7:30 p.m.

Pistol Championships

NAS Alameda

May 9-10—7:30 p.m.

Skeet/Trap Championships

NAS Lemoore

May 12—7:30 p.m.

Rifle Championships

Richmond Rod/Gun Club

See schedule—7 p.m.

Men's Invitational Volleyball

and Track & Field Invitational

April 25—5 p.m.

NAS Moffett

Track and Field Invitational

Meets

TWELFTH NAVAL DISTRICT RIFLE CHAMPIONSHIPS

The 12ND Rifle Championships will be held May 12, at 7:30 a.m. at the Richmond Rod and Gun Club.

The number of shooters for team competition has been changed from eight members with six scoring members to six members with four scoring members. The change is the result of requests from team captains and to increase team participation in the District Match.

TWELFTH NAVAL DISTRICT SWIMMING/DIVING

(We need swimmers and divers.)

1973 Swimming Diving Schedule:

May 23—7:30 p.m.—Invitational—

NAVSUPPACT Mare Is.

May 30—7:30 p.m.—Invitational—

NAS Moffett Field

June 6—7:30 p.m.—Invitational—

NAVSTA Treas. Is.

June 13—7:30 p.m.—Invitational—

CGTRASUPCEN Alameda

June 22-23—7 p.m.—12ND

Championships—NAS Lemoore

July 9-13—7 p.m.—West Coast

Championships—NAS Miramar

COMMITTEE ON INTER-SERVICE SPORTS MILITARY

(CISM) PARACHUTING TRIALS

The Interservice Sports Committee has announced Fort Bragg, North Carolina, May 1-4, as the site and date of the trials from which the team will be selected to represent the United States in the 1973 International Military (CISM) Parachuting Championships, May 16-28, Schaffen, Belgium.

Individuals selected to participate in the CISM trials will be expected to do so on TAD orders at no expense to the government. Travel for individuals selected to the U.S. CISM Parachuting Team will be supported by BUPERS.

Who's Been Doing What



CUTTING GRADUATION CAKE for PMT Class No. 65 is Mrs. O'Keefe and her valedictorian husband HM2 R. J. O'Keefe, USN, and Howatt and the class adjutant HMC J. A. Howatt, USCG.



CERTIFICATE OF COMPLETION of course in dental prosthetic technology is received by Mr. Cecil Gill. The on-the-job training within the Dental Service was sponsored by the Vocational Rehabilitation Service, Contra Costa County. Present at the presentation are Mrs. Gill and the Chief of Dental Service, CAPT H. S. Samuels.

Anesthesiology Plays Host

On April 28 and 29, the Department of Anesthesiology at the Naval Hospital will host the Eleventh Annual West Coast Anesthesia Residents' Research Conference. The meeting will be held at the Claremont Hotel in Berkeley, and will involve members of the Anesthesia Departments from the University of California (San Francisco, Davis, Los Angeles and San Diego), Stanford, Lackland Air Force Base, University of Washington and San Diego Naval Hospital.

Thirty-three papers will be presented, covering a wide range of topics in the field of anesthesia, including local and general anesthetics, physiology and pharmacology of new anesthetics used experimentally in animals and in man, and newer techniques and equipment in the administration of anesthesia. All of the papers are the results of original research done by anesthesia residents during their training. Scientific sessions will be on Saturday, April 28, from 9 a.m.

until 5 p.m., and on Sunday, April 29, from 9 a.m. until noon.

Co-Chairmen for the meeting are LCDR Richard L. Fraioli, MC, USN, and LT Richard E. Tirrell, MC, USNR. Dr. Fraioli will present a paper on "Minimal Alveolar Concentration Equivalents Morphine," and Dr. Tirrell will speak on "Uses of a Portable Videotape Recorder System in Anesthesia Training Program." A buffet dinner will be Saturday evening; guest speaker is Dr. Sadove, Professor and Chairman of the Department of Anesthesiology, Rush Medical School, Chicago, Ill.

The 200 participants will be welcomed by CAPT Harold Dean, MC, USN, Chief of Anesthesia Service, Naval Hospital Oakland. Introductory remarks will be made by RADM Ralph E. Faucett, MC, USN, Commanding Officer, Naval Hospital Oakland, former Assistant to the Surgeon General in charge of Research, Development and Training. Staff advisor to the meeting is LCDR Rex A. Stouffer, MC, USN.



The OAK LEAF



NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Thursday, May 10, 1973

Vol. 34, No. 36

Repatriates Are Here and There

Twenty-five of the 26 repatriates who were received at Naval Hospital, Oakland, are still attached to the hospital. (Gary Daves, the one civilian, has been discharged from our care.)

Ten repatriates are currently on convalescent leave. Six are away from the hospital, returning frequently for completion of dental work and other tests.

The following nine ex-POWs are on inpatient status:

CDRs Hickerson and Southwick, LCDRs Lesesne, Nichols and Stackhouse have nearly completed their medical checkouts and are about to go on convalescent leaves. LCDR Flynn is completing his medical workup and debriefing.

LT Lerseth continues to be involved in an intensive daily physical therapy program related to his orthopedic treatment for his multiple fractures. CAPT Profilet and CDR Schweitzer are still completing their medical workups.



CAPT LEO PROFILET and CDR Verlyne Daniels were the last ex-POWs to give a press conference at Naval Hospital. The Command Post shut down operations on April 20 and all operations at the Command Information Bureau, in building 501, closed on April 13.

THE SHORT SHEET

POWs Selected as Symbols of Courage

At the Navy League Convention in Washington, Captains James Stockdale and Jeremiah Denton were honored with the John Paul Jones award for inspirational leadership. They were cited as symbols of the courage shown by all U.S. POWs during their years of captivity.

CPOs and POs To Be Addressed by Title

The correct form of address when speaking with a Chief Petty Officer will be "Chief Smith," or "Senior," or "Master Chief Smith." And E-4s through E-6s will be spoken to as "Petty Officer Smith," and not by their last name alone.

A Pilot Program Will Frock E-6 Petty Officers

Those selected but not promoted to Chief from the most recent advancement examination may now wear the uniform of their higher grade. Persons so frocked are entitled to privileges of the club, messing and berthing facilities of the higher pay grade without receiving the increased pay.

Nurse Corps Celebrates 65th Anniversary

On May 13, the Navy Nurse Corps celebrates its 65th Anniversary. Ever since the first 20 nurses reported to Washington for orientation and duty in August, 1908, Navy nurses have been providing faithful and professional care to Navy and Marine Corps members and their families. The Corps may be justifiably proud that the first woman flag officer in the history of the Navy was chosen from their ranks.

Armed Forces Day, May 19, 1973, will "Report to the Nation"

With the specific theme being "Serving the Nation," Armed Forces Day is the occasion for reporting to the American People on the activities of our service men and women during 1972. It is also the time to outline plans and hopes for the future.

NAVY MOTHERS DO MORE



NAVY MOTHERS' CLUB No. 13 is pictured at a Wednesday bandage rolling session. Four past commanders, who have worked many years on the project, are grouped together. They are Mrs. Donna Beard, Mrs. Eva Kendrick, Mrs. Grace Hoenisch and Mrs. Lida Jensen.

More than is expected of them, more than their share—that's what always can be expected of the Navy Mothers of America. When 12 to 14 local Navy mothers get together each Wednesday at their Blue Jacket Club, 238 Foothill Boulevard, San Leandro, Ca., Naval Hospital becomes the benefactor of their day's work of rolling bandages.

Bandage rolling has been performed by many of this group since the first two wards of NHO were established. In those days two or three groups of mothers were working 3 or 4 days a week, sometimes in the hallways. The dedicated women also make dishtowels and potholders and aprons, and with sales and contributions they have been giving \$10 monthly to NHO and to VA Martinez. A \$200 check has just been delivered to Special Services of Naval Hospital for spending "where the need is greatest."

NATIONAL HOSPITAL WEEK

May 6 to 12

Your Hospital—

A Caring Community

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM3 N. G. Johnson.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627

+ + CHAPLAIN'S CORNER + +

Mother's Day, Father's Day, Christian Home Week, June weddings all remind us of the significance and importance of marriage and the home. Reflect on the words of this prayer:

PRAYER FOR HUSBAND AND WIFE

Keep us, O Lord, from pettiness.

Let us be great minded in thought, word and deed.

Help us put away pretense and face each other in deep trust without fear or self-pity.

Let us be done with fault-finding and be quick to discover the best of every situation.

Guard us from ill temper and hasty judgment, taking time to grow calm, serene and gentle.

May we suppress every impulse to strike back, even under the guise of humor.

Lead us to be swift with kind words.

Prevent us from ever resorting to the icy barrier of silence.

Let the heat of love incinerate pride.

Teach us never to ignore, never to hurt, never to take for granted.

Justice gives the other his due.

Write Justice on our minds.

Charity says: "The beloved is not the other, but myself."

Engrave Charity and Compassion in our hearts. Amen.

"He is happiest be he king or peasant, who finds peace in his home."
—Goethe

Navy Wives' Club of America #106 Installs New Officers



MRS. EDWIN B. MILLER is being installed as sponsor of the Navy Wives' Club of America No. 106 by Lin Sweningsen, National Officer, on April 14, 1973. Shown taking up their torches of duty are Mrs. Kay Roberts, Vice President, Mrs. Freda Bennett,

President, Mrs. Jan Matthews, Secretary, Mrs. Mary Hawes Hoffarth, Parliamentarian. Not pictured are Mrs. Chris Beck, Treasurer, and Mrs. Anne Killian, Chaplain.

Master Chief Brown Is New SEA

Replacing Master Chief Jack Dickens, the new Senior Enlisted Advisor of the Oakland Regional Medical Center has criss-crossed NHO many times during his Navy career. He first reported in 1959 for training in Environmental Sanitation Techniques, now known as Preventive Medicine Technicians' School. Duty at PMU No. 7, Naples, Italy, then to HCS, Great Lakes, and to the 1st Marine Division in Vietnam intervened before his return to NHO in 1969 for duty as instructor at the PMT School. Thereafter Master Chief Brown saw service in Okinawa, but once again reported for duty at Naval Hospital in June, 1972, when he was assigned as Assistant Chief of Personnel Division, prior to appointment in his present position on April 9, 1973.

An impressive list of decorations tells quite a bit about the present SEA, who was promoted to Master Chief Petty Officer on June 1, 1972. Those decorations include the Navy Commendation Medal with Combat "V" for duty in Vietnam; Navy Achievement Medal; Combat Action Ribbon; Presidential Unit Citation; Meritorious Unit Commendation; Navy and Coast Guard Good Conduct Medals; American and Asiatic Theater Medals; WW II Victory Medal; National Defense

CPO Features Specials

The CPO Mess is now featuring steak and lobster dinners on Tuesday, Friday and Saturday evenings. Dinner hours are 6 p.m. to 9 p.m., and reservations may be made by calling 639-2457.



Ribbon: Navy Occupation Medals; Korea and Vietnam Service Medals; Vietnamese Presidential Unit Commendation; Vietnam Cross of Gallantry; United Nations Medal and Vietnam Campaign Ribbon.

Master Chief Brown is single and makes his home in Oakland.



Born at

Naval Hospital on May 2, 1973. Wife: Harper Asserson, 6 pound, 9 ounce son: Amelia and LT Bowen Asserson Jr. on April 18, 1973. Sarah Krenytsky, 6 pound, 13 ounce daughter: Mary K. and LT Stephen Krenytsky.

Hail & Farewell

ENLISTED REPORTING:

Naval Hospital Corps School, Great Lakes, Ill., HAS Michele Sanchez, Jane Frawley, HN Jeannine Cox, Naval Hospital Corps School, San Diego, HAS William Madson, Timothy Zinglar, Rey Alinea, Donald K. Richard, Matusiewicz, James Reisen, E. Enderle, Randall Reynolds, Leon Spencer, Joel Burbess, Roger Locke, William Riddle, Clifford Phillips and David Terstegen, Arthur Davies, Jr., Bill King and Jon K. fer, Nav Med Training Institute, Naval Bethesda, Md. HM3 Richard Fenton, FMAR Aircraft Wing FMFPAC, FPO San Francisco, HMCS Fred Little, Nav Sta Alaska, DN Bernard Hollandsworth, The Force Service Regiment, FMFPAC, Clyde Stevenson, Jr.

From Naval Dental Center Naval San Diego, DA Patricia Carland, from Naval Hospital Corps School, Great Lakes, Ill., Thomas Howard and Carmen Bucholz, Submarine Flotilla One, San Francisco, Clarence Atterbury, Jr., from Naval Lowry AFB, Col. HM2 Mitchell Taylor, Naval Hospital Corps School, San Diego, Kenneth Owings, Anthony Tavares, Jones II, James Christensen and Joe Deleon, HNS Turrin Scales and Doyle Condon, HAS Oscar Balagot, Tomas Button, Gonzalez, Ian Cox, Richard Fogg, Harro Krentz, Michael Lerner, John Cantu, Michael Kelly, Mark Roop, Steven Albin and Thomas Walter, HNS Joseph Yates and Stanley K.

ENLISTED DETACHED:

To Nav Hosp Corps School, San Diego, George Naylor, to Nav Ammunition, Crane, Ind. HM3 Michael McCormick, Naval Disp T.I., San Francisco. HA Cor Williams.

To USS Oriskany (CVA-34), HM3 Milne, to 1st Mar Div FMFPAC, Camp Pendleton, Ca., HNS Tracy Kendall, Ronald East and Michael Wood, HAS Curtis Wilson, Russell Shores, to Naval Hospital, San Diego, HM2 Rolando Farinas, to 1st Marine Brigade, FPO San Francisco, HN Michael Wilcox, Naval Hospital, Memphis, Tenn., HA Edna Fleming, Transferred to Fleet Reserve, HMCM Jack Dickens, Released to Inactive Duty in Naval Reserve, HM2s Gerald Smith and Richard Meredith and HM3 Jaime B.

Who's Been Doing What . . .



JUANITA CAMPBELL displays evidence of her recent promotion to LTJG in the Nurse Corps.



LT B. T. SPARKS, Head, Regional Operating Services Department, and Chief B. W. Margo stand by while Hospital Corpsman First Class Edwin B. Petrus receives letter of commendation for outstanding performance of duty while serving in Vietnam.



AUGMENTING TO THE REGULAR NAVY brings a smile to the face of LCDR Helen Beckwith.



STEPHEN OWEN, HN, receives On-the-Job Training Certificate for completing an orthopedic technique course.



OUR EXECUTIVE OFFICER, CAPT N. P. Kittrinos, seems as pleased to present a reenlistment bonus to HM3 James Harold Kelly as he is to receive it. Jim has re-upped for 3 years.

Sick Leave Is Like Money in the Bank

Government employees have a financial protection plan that grows with their service. It is insurance against time lost because of illness.

Sick leave is one of the valuable fringe benefits of a federal career. If used properly it guarantees an income during lengthy periods of illness.

Sick leave is earned at a rate of four hours a pay period for an annual total of 13 days. Most people keep tabs by counting the hours.

However, it might be wise to convert sick leave to days in order to see how long a hospitalization period one can afford. If one has only 100 hours on the books, he can only spend a little more than two work-weeks or 12 and a half work-days off the job before the sick leave runs out. Someone who has accumulated 500 hours has 62 and a half days coming, or 12 work-weeks.

When a serious illness or operation occurs, time in a hospital and time for recuperation can use up sick leave rapidly. So it is wise to keep letting it build.

However, if one is fortunate and does not have to use up sick leave, it can be used to increase retirement annuities.

It's like money in the bank

Movie Schedule

Thursday, May 10

BRIAN'S SONG—James Caan, Billy Dee Williams—Drama (G)

Friday, May 11

HOW DO I LOVE THEE?—Jackie Gleason, Maureen O'Hara—Comedy (PG)

Saturday, May 12

RED SKY AT MORNING—Richard Thomas, Claire Bloom—Drama (PG)

Sunday, May 13

R.P.M.—Anthony Quinn, Ann Margaret—Drama (R)

Monday, May 14

DIRTY LITTLE BILLY—Michael J. Pollard, Lee Purcell—Western (R)

Tuesday, May 15

EVEL KNEVEL—George Hamilton, Sue Lyon—Biography (PG)

Wednesday, May 16

BLUEBEARD—Richard Burton, Raquel Welch—Comedy Drama (R)

Thursday, May 17

DRACULA A.D. 1972—Peter Cushing, Stephanie Beacham—Horror (PG)

Friday, May 18

MURDER FOR SALE—Curt Jurgens, Margaret Lee—Drama (PG)

Saturday, May 19

BENEATH THE PLANET OF THE APES—Charlton Heston, James Franciscus—Science Fiction (G)

Sunday, May 20

YOU CAN'T WIN 'EM ALL—Tony Curtis, Charles Bronson—Adventure Comedy (PG)

ALMOST ANYONE can steer the ship if the sea is calm.

Officers' Housing Goes Forward



The big CAT is taking huge mouthfuls of debris in clearing ground for the new officers' housing to be located near the officers' mess (closed). The projected date for completion of three 4-plex, two-bedroom units and 18 four-bedroom single family units is January 1. Applications are now being received, and interested personnel should call Mr. Rose, Housing Manager, ext. 2309, for further information.

DON'T BE afraid to go out on a limb—that's where the fruit is,



FROCKED AS CHIEF PETTY OFFICERS are Fred Matthews of Security and Duane Bechthold of the Biochemistry Laboratory.

LOUD NOISES at home, a loud record player, radio or television will cause some hearing problems over a period of time, especially if one listens to them very often.



FOUR GRADUATES of the Clinical Investigation Center receive their certificates and are shown with CDR J. D. Wallin, Director of the CIC. They are: Randall Koller, HM3, 62-A Ward Corpsman, Gary Burkhardtmeier, HM2, and Donald Pickinpaugh, HMC, Laboratory Technicians, and Stephen Fredericks, HM3, 62-A Ward Corpsman.

Sports Shorts . . .

BOWLING

In the bowling playoff of April 24, 1973, the Needlers won the first half with three points and the Alley Cats took the second with two.

At the banquet held by Naval Hospital's Officers Bowling League on May 1, the following were singled out for awards:

Men	Women
High Average	
Jim Woods 177	Sally Kiely 151
High Series Scratch	
Tom Carson 575	Marg LaFlamme 536
High Game Scratch	
Bob McCullagh 222	Bobbie Graham 208
High Series Handicap	
Duane Haenfler 669	Nancy Jacques 671
High Game Handicap	
Erv Ames 253	Pam Book 258

Most Improved Bowler

Bob McCullagh 11 Sally Kiely 7.17
New officers were elected for 1973-74. Serving as president will be Ken Shannon; vice president, Allison Williams; treasurer, Duane Haenfler; secretary, Bob McCullagh.

Tennis and Track Events

The Twelfth Naval District Track and Field Championships for men will be held May 26 at Lemoore High School; the Senior Men's Tennis Tournament will be an event of June 12-14 and the Women's Tennis Tournament will be June 21-22 at Naval Hospital, Oakland. Entry forms may be secured from Ron Brown, Athletic Director.

Slow Pitch Softball MAY 8 FLASH!

The Chiefs lost to Ortho 23-0.

Canoe Tips To Be Given

Twenty to 40 persons will join in becoming knowledgeable concerning canoe safety practices when the American Red Cross conducts its Tip-A-Canoe course on Monday, May 14, from 7 p.m. to 8:30 p.m. All staff personnel and their dependents are welcome. Mrs. E. Vander Meer will be in charge of the course demonstrations.

Meet One Regional SMO



Meet one of Naval Regional Medical Center Oakland's Senior Medical Officers. CAPT N. D. Sanborn, MC, USN, heads the dispensary at Naval Air Station, Alameda. He hails from an All-Navy family and has a Lieutenant son and Ensign daughter who chose to "Go Navy." CAPT Sanborn started his own Navy career in June 1947 with an internship right here at Naval Hospital.

In 1952 the U.S. Naval School of Aviation Medicine designated him naval flight surgeon; he is board certified, a diplomate of the American Board of Preventive Medicine. He has an impressive list of campaign and service medals with appropriate stars, and his decorations include the Bronze Star with V, the PUC (Presidential Unit Citation) with 3 stars and the Korean PUC.

Duty stations have been in San Diego, Moffett Field, Japan, London, Pensacola, the USS PRINCETON (LPH-5) and USS TICONDEROGA (CVA-14).

CAPT Sanborn would very much like to find time for his golf hobby and for travelling.

A LITTLE BIT of concern is a good thing but constant worry will wear out a good heart.

CHAMPUS Corner

Retirees and dependents of retired and deceased Uniformed Services members who have other insurance provided through law or employment are generally required to utilize the proceeds of such insurance before CHAMPUS can make any payments. However, when their other insurance has paid some or all of the CHAMPUS beneficiary's cost-share responsibilities during an "episode of care," as well as some or all of the charges which CHAMPUS would have paid, such amounts are accumulated as credits to be applied against future treatment for the same episode of care.

An episode of care under this policy is defined as all care, both inpatient and outpatient, provided to a patient which is related to the same illness, injury or diagnosis.

To illustrate the benefits that may accrue to CHAMPUS beneficiaries under this policy, officials of the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) have cited the following example:

A retiree incurs \$20,000 in medical bills for the same episode of care. A first-pay insurance plan provided by his employer with a \$20,000 maximum benefit payment provision pays all the bills. He then receives \$20,000 additional care for the same episode of care and submits a claim to CHAMPUS. A total of \$40,000 in medical charges is thus accumulated.

The \$20,000 paid by the other insurance on behalf of this retiree is accumulated as a credit to satisfy his 25 per cent cost-sharing obligation on any future civilian medical care he receives for this same episode of care. Since \$20,000 is one-fourth or 25 per cent of \$80,000, the retiree can accumulate a total of up to \$80,000 in medical bills for this same episode of care. With the retiree's 25 per cent cost-sharing portion already paid CHAMPUS would be able to pay up to \$60,000 without any out of pocket expense to the retiree. After that, the retiree would again be responsible for his 25 per cent of any additional charges.

In the above example, therefore, CHAMPUS would pay the full \$20,000 in additional charges and the retiree could accumulate an additional \$50,000 in medical bills for this same episode of care, all of which would be paid for by CHAMPUS.

Additional information concerning application of this policy is available from the CHAMPUS Advisor or Health Benefits Counselor ext. 2041.

Crew's Library Has New Books

Want some simplified instructions on Volkswagen tune-up? Ask Crew's Library for Volume 629.2. If you prefer to spend a weekend learning chess, ask for a picture guide to the royal game, by number 794.1 (Irving Chernev and Kenneth Harkness).

For some wit and humor, try Isaac Asimov's "Treasury of Humor." It's a lifetime collection of favorite jokes, anecdotes and limericks, 1971 edition, 448 pages.

So your bridge has gone stale—Goren's completely updated and revised edition of the standard work for all bridge players might improve your game. Doubleday gave 658 pages to trying.

Doubleday has a collection of

nostalgic stories, all of which have appeared in "Playboy." Crew's Library can furnish it under the title of "Wanda Hickey's Night of Golden Memories, and Other Disasters."

"We Can't Breathe" is an autobiographical novel about Ernie and his agonizing struggle to find himself as he grew up in a Chicago ghetto. The author is Ronald Fair.

About that skipper who has almost as much trouble with the wolfpack commander as with the enemy on his submarine patrol during the latter part of WWII is told by Edwin L. Beach in "Dus On The Sea." It's a 1972 novel.

A novel of the men and women who devote their lives to healing children is told in "The Child Healers," by Murray Kappelman.

"Second in Command: The Uncensored Account of the Spy Ship Pueblo," by Edward R. Murphy is also on Crew's Library shelf.

Guide to Budgeting

Would you like to know which areas of the U.S. offer the most economical living situations for retired people? A publication from the U. S. Department of Agriculture provides a comparative guide to the cost of living in 33 different cities and metropolitan areas, based on a moderate living standard for a retired couple. A Guide To Budgeting For The Retired Couple also offers guidelines for estimating expenses and income after retirement, and suggestions on how to balance income and expenses.

The booklet can be procured from Consumer Product Information, Washington, D.C. at a price of 10 cents per copy.

The Central Appointment Desk, Outpatient Administration Branch, has always referred to themselves as a crew. It was with great sorrow that they lost a shipmate, Mrs. Wilma Bowden, on Saturday, April 14, after two weeks of illness and hospitalization in a local hospital. Mrs. Bowden is the mother of one son, Michael, age 23, who lives at Salt Lake City, Utah. She served with her crew since November 30, 1968.



IN THE LAST VOLLEYBALL GAME of the season, OR's team (left) won the station championship over NP by scores of 15-9, 14-16, 15-9. Individual trophies were presented May 8 in the Admiral's office.

join the parade on... ARMED FORCES DAY



The OAK LEAF

1973

No matter what branch service you are in; May 19 is your special day . . . Armed Forces Day, 1973.

"Serving the nation" is the theme for this year's observance. This is demonstrated very effectively by the men and women in uniform who are not only responsible for the Nation's defense, but also have involved themselves in human and social endeavors wherever they are stationed.

No better theme could portray the real mission of our servicemen today. It characterizes their devotion to our country and its citizens.

Even though this day is dedicated to you, the serviceman, it now becomes necessary that you take an inward reflection as to whether you are deserving of this honor. You should come up with a definite, affirmative answer or take steps to rectify the situation immediately.

The average serviceman is not in the habit of strutting and bragging about himself. Generally, he goes about his job quietly and conscientiously, endeavoring to live up to the respect and trust that the American people have placed in him.

This holds true for servicemen and women throughout the world. They may be at some remote outpost or in the United States, but no matter where, they are doing the best job that can be done. Through their hard work and attention to duty they more than justify their country's trust in them and have earned a day which they can call their own.

Wear your uniform proudly this Armed Forces Day—and every day of the year.



THE FIRST DAY—"I have sworn upon the altar of God eternal hostility against every form of tyranny over the mind of man" . . . Thomas Jefferson. It was a belief in these principles which earned the serviceman a day of his own. Above is a reproduction of the painting that was used on the official Department of Defense poster for the first Armed Forces Day, May 19, 1951.

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 37

Friday, May 18, 1973

NEGOTIATED CONTRACT IS SIGNED OFFICIALLY



RADM R. E. Faucett signs negotiated contract between the Naval Regional Medical Center and Naval Hospital, Oakland, and the International Brotherhood of Electrical Workers, Local 2297. Mr. Frederick L. Jensen, President of that Brotherhood, signs as Chief Negotiator for the Union. LT I. D. Howard, MSC, USN (lower left) adds his signature as Chief Negotiator for Management, and Mr. Grant C. Brown, Business Manager and Financial Secretary of Local 2297 also signs. The contract covers all personnel policies and practices of non-supervisory wage-grade employees and all non-supervisory firefighters.

The contract must now go to the Office of Civilian Manpower and Management, Washington, for approval.

Nurses Celebrate 65th Anniversary

WHICH CAME FIRST —

Nightingale or the Nurse Corps?

Some 9 years before Florence Nightingale was born, the need for nurses connected solely with the Navy was recognized by Dr. William Barton, a young Navy surgeon who later became the first chief of the Bureau of Medicine and Surgery. As early as 1811, Dr. Barton set out some of the qualifications of a nurse by listing some of the "Shoulds" of Nursing.

1811

Nurses . . .

- Should be women of humane disposition and tender manners, active and healthy.
- Should be neat and cleanly in their persons and without vices of any description.
- Should . . . sit up with the sick at night.
- Should make up the beds and report to the assistant-physician and surgeon's mates whenever it is necessary to have them washed.

From "Regulations and Instructions for the Nurse Corps, U.S. Navy," it was set forth, near a century later, that:

1909

Nurses . . .

- Will be required to keep such hours on duty as may be decided upon by the chief nurse.

—Will not be required to care for a patient continuously longer than 12 hours at one time, except in special instances.

—Will not be required to take night duty for more than a month.

—While on duty shall not be permitted to write letters, read newspapers, books other than their professional books, during such hours, nor shall they do needlework. . . .

A "Sacred 20" first accepted the challenge of Navy nursing, and their number increased by 1918 to 1,318, with base pay set at \$60 a month. Between 1926 and 1938, the Nurse Corps was reduced to 427. Then during World War II nursing went to the front lines aboard 12 hospital ships, and the Nurse Corps number reached 11,086. (Eleven nurses captured in Manila spent 37 months as POWs in Japan.)

The Nurse Corps now stands near its complement of 2,500 and of that number Naval Hospital can boast of having 130 qualified nurses aboard. Of those, 17 are males. Female ranks were invaded in August, 1965, when ENS George M. Silver became the first man to serve in the Corps. The December 3, 1965, "Oak Leaf" reported his arrival at Naval Hospital.

THE SHORT SHEET

26 Million Reprogrammed To Personnel Funds

Funding relief will allow the Navy to reinstate promotions, lump sum VRB payments and PCS moves previously withheld. Approximately 33,000 enlisted advancements will be effected, and officer promotions will also begin again. For more details check Newsgram from Chinfol (18-73).

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM3 N. G. Johnson.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

There is a story about Michaelangelo to the effect that he was walking along the streets of Florence, Italy, one day when he noticed a drayman hauling a large and finely shaped block of marble. Immediately he imagined a wonderful figure in that block of marble, and he bargained with the driver to deliver it to his studio. Whether the story is fact or fiction, certainly Michaelangelo chipped away particles of the stone that concealed his dream figure until, finally, there stood in all its gleaming whiteness the most magnificent statue of his day.

There is a great moral in this story. Have you visioned in the rough marble of your day-to-day life the great self you hope some day to carve? There are some who sense only that another day has ended, and to such life is just a block of rough stone. Others can see, even in misfortune, a chipping away of imperfections and the evolving of beautiful destinies. They can see through that little by little their dreams can come true.

LT ROBERT F. GROTHAUS, CHC, USNR

Former CO Dies at Santa Clara

RADM Arthur H. Dearing, MC, USN

April 23, 1893 — May 8, 1973

A May 13, 1944, issue of Naval Hospital's paper reads: "... Captain Dearing's interest and helpful encouragement have taken concrete form in the appearance of this first printed number of The Oak Leaf."

It was he who suggested the general format of the present publication.

Rear Admiral Dearing's stay as Commanding Officer of Naval Hospital dates from January 11, 1944, to January 11, 1947, and he became the first medical director to be commissioned an Admiral and put in charge of a hospital. That event happened while he was here. Even prior thereto, however, his guiding hand touched the history of this hospital. He helped select the site of the Oak Knoll Golf and Country Club for the present complex. He set our direction at a time when the urgency of war casualties, some 6,000 patients, demanded responsive action.

And Mrs. Dearing affirms that to the moment of her husband's death, he retained pride and possessiveness in the growth and development of this facility.

Before coming to us, Admiral Dearing had already made a name for himself in the medical affairs of the nation. He was medical officer of the South Pacific Force during World War II, and was instrumental in initiating and developing many medical programs of care for anti-malarial activities and for the wounded. Even at that time, a Legion of Merit and other awards already adorned the area above his left pocket.

On leaving NHO, RADM Dearing went on to Washington to, in 1948, become Deputy Surgeon General of the United States Navy and Assistant Chief of the Bureau of Medicine and Surgery for Personnel and Professional Operations, Navy Department, to 1951. He retired in 1953, but even in his retirement, he continued to serve the medical profession. He was Chairman of the Advisory Committee on Bay Area Hospital Planning, and as such guided establishment of all medical construction in the area.

Admiral Dearing's widow, Mary Eleanor, resides in Santa Clara, Ca., and he left surviving him also a son and daughter and six grandchildren.

Admiration for lifetime dedication and sincere condolences are expressed to all members of the family on behalf of Naval Hospital Oakland.



Photo Contest

Entries are now being accepted for the Fifteenth Interservice Photography Contest. Information and registration forms are available from Ron Brown, Athletic Director.

CAN YOU SWIM 50 MILES? Join the "Swim and Stay Fit" Red Cross program; earn awards after each 10 miles and after 50.

More information is available from the swimming facility lifeguards, ext. 2330.

Smog Control Devices Required

The California Air Resources Board has passed a resolution requiring the installation of additional smog devices on most 1966 through 1970 passenger cars and light duty trucks with 140 and greater cubic inch displacement, and up to and including 6,000 pounds gross vehicle weight (¾ ton trucks and above are excluded).

Certain 1966 through 1970 model cars are exempted because of having more than one carburetor, being equipped with a turbocharger or because of having only centrifugal advance distributors. If in doubt about your car, please contact LCDR D. H. Fluhrty, Public Works Officer, or the Department of Motor Vehicles.

The exhaust emission control devices are designed to reduce emissions of oxides of nitrogen, one of the two primary ingredients of photochemical smog. Vehicles of 1971 vintage and later already have such controls; the 1966-1970 models do not. Under the law, the cost of 1966-1970 devices may not exceed \$35.00, installed.

The first phase of the program will be required only upon change of ownership and registration of privately-owned vehicles. The program began May 1, 1973, in the San Francisco Bay Area.

Millions of privately-owned vehicles will be affected in the second phase of the program. As of July 1, 1973, all 1966 through 1970 model light-duty vehicles not already fitted or exempted will be subject to the following installation schedule based on the last arabic numeral in the license plate:

Month	Last Number
July 1973	1
August 1973	2
September 1973	3
October 1973	4
November 1973	5
December 1973	6
January 1974	7
February 1974	8
March 1974	9
April 1974	0

and plates with letter only.

IT IS ALL RIGHT to swallow your pride occasionally because it is one of the few things today that is calorie-free.

Condolences

Condolences are expressed to CAPT and Mrs. Edwin B. Miller and family concerning the death of his mother, Mrs. Marian Ruth Gow, age 77, who was stricken in the home with a heart attack on April 28, 1973. Mrs. Gow had made her home with her son and Mrs. Miller for the past 11 years. She has a daughter, Claire Shiffman, who resides in New Jersey, and a son Donald Miller, of San Diego.

April's Sailor Has Punch



Hospitalman Thomas P. Pajak. "The punch, direction and precision which you give the Staff applied intelligently and loyally in the furtherance of the basic objective—improved quality of the medical care delivered to our patients—has caught the eye and won the admiration and respect of all with whom you serve."

That's an opening sentence in the Letter of Commendation, received from the Commanding Officer of Naval Hospital, which made HM Tom Pajak Sailor of the Month for April 1973.

During his duty at NHO, April's sailor has improved charting techniques on 9-West and updated and improved the job description of each ward corpsman.

In private life Tom wears no ring on that left hand, but he contemplates marriage so seriously, he says he is "almost married." His hobbies are classical music and old-time movies. This is his first enlistment. It's possible that at the end of his tour he might be found in medical school somewhere. Internal Medicine and Cardiology have caught his fancy, so as to make him cancel thought of becoming an English teacher.

Tom's mother resides in Union, Ill., but Tom, after 9 years in the Bay Area, given 1 more year, expects to become a "native Californian."

Life Began . . .

AT

Naval Hospital on April 27, 1973, Kristina Marie Hartung, 6 pound, 12 ounce daughter of Mr. and Mrs. (Lynn) David P. Hartung. On May 5, Adrian Mark Pickinpaugh, 7 pound, 12 ounce son of Christine Ingrid and HMC Donald L. Pickinpaugh. On May 10, Dowd Julius Yarborough, 8 pound, 7 ounce son of Merele Gail and LCDR Dowd Yarborough. On May 11, Jeffrey Michael Parsons, 7 pound, 2½ ounce son of Linda and LT William M. Parsons.

Who's Been Doing What . . . ONE AUGMENTS → FOUR REENLIST – TWO TRANSFER TO FLEET RESERVE



TIMOTHY TOWN, HM2, who works in the Photographic Arts Department, Joe Raley Hampton, HMC, from the X-ray Department, and William S. Elwood, HM3, whose wife joins him on the occasion of his first reenlistment, works in the Clinical Investigation Center.



REENLISTING—HMC Leo Therrien, for six years, as his wife, Huguett, observes.

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NC, USN

EXTREME CAUTION will be required at Naval Hospital for the next few weeks and months to prevent a conflagration due to the dead trees and shrubbery on the compound. A plan is being carried out to protect the area. Until trees can be removed, utmost care should be observed in all areas.

The life or building you save may be your own.



HMC TAYLOR WALLNER retires after 22 years active service. His family took part in the ceremony provided by Admiral Faucett.



HMC MAXIMINO CRISOSTOMO, JR., retires while his family stands by. His total active service was 19 years, 6 months.

Gas Shortage Expected

Navy Exchange service stations are experiencing great difficulty in negotiating new gasoline contracts due to the nationwide shortage of gasoline.

At the present time, most major oil companies are continuing to fulfill their obligations under terms of existing contracts. However, many of these same suppliers are showing an increased reluctance to renew any new contracts. Thus far, approximately 15 per cent of the 137 Conus Navy Exchange service stations have reported that gasoline suppliers are not interested in negotiating new contracts.

The Navy Resale System Office, wherever possible, is attempting to negotiate directly with suppliers in order to obtain continued availability of gasoline. However, the success of such negotiations cannot yet be measured.

The current situation could

cause a rationing of gasoline and increased prices on existing and forthcoming supplies. The civilian communities around the nation are bracing themselves for such situations, and Navy Exchange patrons should be reminded that nationwide economic trends are sooner or later reflected in Exchange operations.

At one time, gasoline suppliers provided large discounts to Navy Exchange service stations; this was the case when supplies were plentiful. Now, however, with limited stocks, suppliers are reluctant to commit themselves to supplying additional quantities of gasoline and are expected to raise their prices on whatever stock is available. Any increase in price which the Exchange service station must pay to acquire gasoline must be passed along to the patron in order to continue operations.

Movie Schedule

Monday, May 21
THE TRAIN ROBBERS—John Wayne, Ann Margret—Western (PG)

Tuesday, May 22
CABARET—Liza Minnelli, Joel Grey—Musical (PG)

Wednesday, May 23
THE CREEPING FLESH—Peter Cushing, Christopher Lee—Horror Drama (PG)

Thursday, May 24
HAMMERSMITH IS OUT—Elizabeth Taylor, Richard Burton—Comedy (R)

Friday, May 25
THE HOT ROCK—Robert Redford, George Segal—Comedy Drama (PG)

Saturday, May 26
WILD ROVERS—William Holden, Ryan O'Neal—Western (PG)

Sunday, May 27
MY LOVER MY SON—Romy Schneider, Donald Houston—Drama (R)

Monday, May 28
THE RED MANTLE—Gitti Hainning, Oleg Vidov—Drama (R)

Tuesday, May 29
DUCK YOU SUCKER—Rod Steiger, James Coburn—Action Drama (PG)

Wednesday, May 30
SHAMUS—Burt Reynolds, Dyan Cannon—Action Drama (PG)

Thursday, May 31
THE GODSON—Alain Delon, Nathalie Delon—Action Drama (PG)



LAB GRADS OF CLASS 7306—Lamon Williams, HA, Domingo Madlangbayan, HM2, Warren Ng, HN, Sylvester Williams, HA, Dallas Kassing, HN.

'73 Softball Season Is Here



WHO WILL WIN this year's trophy? Fair play is promised Admiral Faucett as CPO Leo Therrien and ENS Frank Hughes (for the MSCs) give a friendly (?) handshake at game's opening.

The MSC's versus CPO's annual softball event is best two out of three this year. The first game has been played amid such comments by one administrative CPO as, "My boss wouldn't let me off to practice!"

Another CPO offered "Ground rules limiting team members, practice schedules, game dates and time, officials AND NO BEER 'TIL AFTER THE GAME were not made or requested by the CPO team. The other team members even had new uniforms."

The pictures tell the story, and the CPOs have extended their regrets "that after all the fine arrangements made by the MSC team, including allowing the CPOs to have beer prior to the game, the CPO team—try as they might—could not control their 15-14 win."

Meanwhile, other opening day action for the 1973 Slow Pitch Season saw the NPs defeating PT/OT by a score of 26-4; and on Field No. 2, CIC took a defeat at the hands of LAB by a losing 30-15 score.

SPORTS

CPOs and MSCs BAT IT OUT

THE OAK LEAF
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THE BALL reaches first before Shannon.



TEAM CAPTAIN Frank Hughes runs to Pete Peterson in time to be out on third.



THERRIEN HANGS on to the ball for another out.



SAFE ON FIRST is the official's call.



A COLLISION with Catcher West grounds HMCS Wallner.

*Photos by
Steven L.
Spring*



MASTER CHIEF BROWN slams one to center after Wallner's collision.



WITH TWO OUTS, Therrien hits a double to right.



IS IT AN OUT? MSC's Jean Heath says so, on first.

LAB TAKES CIC In Opening Day Action



CIC BATTER watches a blazing fast ball cut the inside corner of the plate.



ON WAY TO PLATE, a CIC player tries to score against LAB.



LOTTA WHITE SHOWING HERE! Is he out or safe?



NP BATTER about to connect with a pitch.



PT/OT RUNNER about to slide into second base.



"I THINK it's down here somewhere!"



SIPE OF PT/OT on way to second base tries to break up possible double play.



DR. OLSSON releases one of his patented fast balls.

more Sports ... and Fish Stories

By Ron Brown
Varsity Golf

The 1973 Naval Hospital Varsity Golf Team is off to one of the fastest and finest starts it has had in the last several years. As of this edition, they are holding down an impressive 5-1 win-loss record. Their last win was over mighty NAS Moffett Field by a score of 14-13 (each match being based on 27 total points).

Earlier in the season, which started on April 3, 1973, the team polished off NSC Oakland by a score of 19½ to 7½. They next ran into strong NAS Lemoore opposition and beat them 15-12. This was followed by a 15½ to 11½ win over Treasure Island.

On April 24, Naval Hospital hosted Naval Weapons Station, Concord, and proceeded to whitewash them by a score of 24½ to 2½. The team's only loss came on May 2 when on an "off" day they were the 21-6 victim of Mare Island. The Naval Hospital team is certain they can reverse that decision on June 12 when the two teams meet again.

Our team has a good chance to go all the way this year, and we are hoping to place some players on the Pacific Coast Regional Championships held at NAS Miramar on August 18 to 24.

Following is a list of remaining games to be played:

May 15—1:00 p.m.

NAS Alameda—There

May 22—1:00 p.m.

NSC Oakland—There

May 29—12:30 p.m.

NAS Lemoore—Here (Chabot)

June 13—1:00 p.m.

NAVWPNSTA, Concord—There

June 19—12:30 p.m.

Mare Island—Here (Chabot)

June 26—12:00 (noon)

NAS Moffett Field—There

July 10—12:30 p.m.

NAS Alameda—Here (Chabot)

Important Golf Dates

July 23-26

12ND Championships

NAS Moffett Field

August 18-24

Pacific Coast Regionals

NAS Miramar

August 27-31

All Navy Championships

Little Creek (Va)

September 3-7

Interservice

Norton AFB (Ca)

Golf

Special Services is sponsoring "Golf Day" at Chabot Golf Course the last Thursday of every month starting May 31. A "Blind Bogey" Scored Tournament will be conducted on these days. A 50-cent donation toward prizes will be asked of all participants. Contact Ron Brown, ext. 2350.

Tennis

Ladies Day for dependents and active duty personnel to practice tennis is each Friday from 10 to 11:30 a.m. Bring 25 cents and two balls for singles or doubles.

The Big One Did NOT Get Away



THAT'S A RAINBOW—and this fisherman, Mr. Charles Foreman, of Public Works, caught this 22-inch, five pounder at Clear Creek, near the French Gulch turnoff of Highway 299.



ALSO A FOREMAN CATCH WERE THESE Sacramento River beauties. May 10, at Dog Creek, marks the day the 16-incher was pulled in. (Rumor has it that the guy fishing with Charles Foreman caught "one," meaning only one.)



SURE YOU KNOW HIM. We told you about DT2 Vancio Bambico winning the All-Navy 112-pound flyweight boxing championship. Here he is with trophy in hand.



HE BRAGGED. Here's proof that DT1 John Cooper, Jr., of the Dental Annex crew, really can bring them in with a Rebel Destroyer II spinning bait. The six-pound lunker is for real.



TAKING FIRST in basketball are LT Keith McReynolds, HM3 Mark Culbertson, LCDR Mark Satz, HM3 Ed Kindred, and LCDR John Gwells.



NP CARRIED OFF second place trophies. (L to R) Harry Washington, HM2, 1st in 101, Paul Westberg, HM3, LT Russ Packard, Harvey Snowkins, HM2, 2nd in 101, Howard Chase, HN, Ken Johnson, HN, and Dave Epps, PFC.



Justly Proud—

NHO Researchers Score Patent For United States Navy



Co-inventors of an artificial knee joint were honored on May 3, 1973, by RADM R. E. Faucett who presented them with a monetary award through the Incentive Awards Program. Titled, "A Variable Friction Knee Unit for Swing Phase Control in Artificial Legs," the Patent No. 3,673,613 has been issued in the names of Charles Asbelle, Gene Helmuth, Kenneth Hunting and Michael Arrigo, with all rights assigned to the United States Navy.

Admiral Faucett, in extending his congratulations to the group in originating and developing the first patent issued at this hospital, said "This patent has made a valuable contribution to our Government's patent position in that infringement claims by outside interests against the Government for use of this invention will not now be successful."

Pictured above are Charles Asbelle, Mrs. Charlotte Arrigo, Gene Helmuth, Kenneth Hunting, Donald Hart and Gerald Porter.

Mrs. Charlotte Arrigo represented her deceased husband, Michael, at the ceremony. Mr. Donald Hart, Patent Counsel with the Office of Naval Research, prepared the patent application and represented the inventors in all legal matters. The patent application was assigned a Navy Case Number on October 2, 1970.

Mr. Gerald Porter, Research Engineer, Navy Prosthetic Research Laboratory, was an interested observer of the honors bestowed upon his co-workers. He and Mr. Asbelle have recently been designated Patent Liaison Representatives for Naval Hospital, Oakland, by the Office of Naval Research.

Notice of a second patent, No. 3,703,894, has also just been received. It relates generally to a hand burn splint and more particularly to a rigid foam polyurethane splint to support the hand in position in such a manner as to prevent scar contractures from causing postburn deformities. This patent was issued in the fall of 1972, the inventors being Charles C. Asbelle and two former employees, Dwight V. Galloway and Gordon E. King, who have now departed the hospital.



THIS PATENTED splint helps burn patients retain function and prevents the webs of the fingers from growing together.

MORE IMPORTANT than any mechanical explanation of how 49a may or may not coordinate with 23, 33 or 49b is the simple explanation that this patent helps an amputee walk and live more normally.

'Best Seller' Is Available

A 35-page "best seller" is off government presses for the 10th time to chronicle G.I. Bill changes and other benefits for veterans and their dependents. Each year the booklet is updated to incorporate the latest information of interest to the military and their families.

Copies of the booklet titled "Federal Benefits for Veterans and Dependents" are available from the Superintendent of Documents, Washington, D.C. 20420, for 30 cents each.

ANNUAL HOSPITAL CORPS BALL

Saturday, June 16, 1973
HOLIDAY HOUSE
29827 Mission Boulevard
Hayward, California

Cocktails, Dinner, Dance
6:30 p.m. to 1:00 a.m.
Music by the Fringe Benefits

Tickets on sale in
Legal Office
until June 6, 1973

THE SHORT SHEET

Equity Funding Is Bankrupt

The Department of the Navy has been advised of the Bankruptcy of Equity Funding Corporation and the subsidiary, Equity Funding Life Insurance Company of California. Personnel who have had investments of life insurance coverage by these firms should contact the Legal Assistance Office, third floor, building 500, before liquidating any investment holdings or terminating any insurance coverage in force.

Enlisted Women Receive Modification OK on Uniforms

A temporary modification to summer uniform regulations permits Navy enlisted women to wear the service dress blue uniforms without jacket or gloves. This modification is authorized only in areas where the service dress light blue uniforms are not available. Either the dress blue jacket or the raincoat may be worn as outer garments as required.

Court Ruling Affects Dependency Status

Certain sections of public law affecting dependency have been declared unconstitutional by the U.S. Supreme Court. Prior to a May 14 decision, a husband could not be considered the dependent of a female member unless he was dependent for over one-half of his support. This was ruled unconstitutional. The decision specifically ruled on BAQ entitlements and dependent medical benefits. It is now being studied by the DOD to determine what changes to existing directives will be required.

Annuity to Increase 6.1 Per Cent

Official information released by the Department of Labor indicates that the final cost-of-living adjustment in retirement annuities is 6.1 per cent for employees who retire on or before June 30, 1973.

Interns Graduate June 29

On the 29th of June, the year of intensive internship will be completed for 32 interns who will receive their diplomas at graduation exercises to be held in the Clinical Assembly at 2 p.m.

The speaker, Dale F. Redig, D.D.S., Dean, School of Dentistry, University of the Pacific, San Francisco, will address the graduates on "Health Care Delivery Responsibilities." There will be a reception for graduates and their guests in the Enlisted Dining Room following the formal program.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorsop, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka, HM3 N. G. Johnson.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958. THE OAK LEAF receives Armed Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

YOU ARE SOMEBODY!

God reached the climax of creation when He made man as a self-conscious personality—a creature capable of making moral choices. Nothing more glorious could possibly be brought into existence. It is small wonder that psychologists spend much time studying what they call "the human ego." There is nothing in all the universe more intricate or amazing.

It is possible, of course, for a man to exaggerate his sense of importance and become an insufferable egotist. But it is also possible for him to suffer from an inferiority complex and become a social misfit. Either result is a terrible calamity. Good religion undertakes to strike the right balance by holding before us our true relation to God and His universe.

Millions of men live their days in a spiritual and moral underworld because they have no high appreciation of the dignity to which they were born. They debauch their bodies in their search for thrills and satisfactions. They corrupt their minds because they have never learned to control vagrant thoughts. They commit spiritual suicide because they do not realize that they were created "only a little lower than the angels." The first step in the direction of triumphant and glorious living has been taken when we convince ourselves that we are important—that we are somebodies!

This is the glory of our Christian faith. Jesus believed that you are somebody because you were made in the image of God. That means that you are worth more than anything else on earth. Let anyone get that idea firmly fixed in his mind and he will never consent to be a nobody. If you become discouraged and feel that you do not count, consider the scene of Jesus dying upon the cross. Then say to yourself, "If He did that for me, then I must amount to something. I must be somebody!"

CAPT JOHN E. THOMPSON, CHC, USNR

Hail & Farewell

OFFICERS REPORTING

ENS Jay Robert Roberts from NSHCA Bethesda, Md.

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HAs Jeffrey Howell, Bradley Hughes, Robert Walker and Dennis Dackrey; HM3 Alvin Burgess, II; HNs James Phillippe and Richard Anderson; HAs Craig Hilton, Dallas Seaber, Taylor McKeeman and Reynaldo Lavalie; HNs Dennis Cowan, Daniel Douthit and Charles Stein.

From Naval Hospital Corps School, Great Lakes, Ill., HAs Linda Sapp, Frances Williams and Jonita Savoy; HM3 Willie Bloom.

From Naval Hospital, Memphis, Millington, Tenn., HM3 David Grieve.

From U.S. Naval Station, Subic Bay, Philippines, PC2 Milton Ziegler.

From Naval Dental Clinic, Long Beach, DA Jeanne Winter.

From Naval Hospital Corps School, San Diego, HAs Michael Walker, Dick Grugett, Loyd Hodges, Edward Brumbaugh, Esmerando Juanitez, James Belasco, Agapito Silva, Kenton Very and Prince Wilson, Jr.; HM2s Roy Siazon and Steven Lepley; HNs Bruce Allen, II and Floyd Mates; HM3 Bobby Springer.

From Naval Hospital Corps School, Great Lakes, Ill., HAs Reginald Palm, Sonny Turner and Robert Williams; HN Donald Potts; HA William Piscitelli.

Dignitary Pays Visit



The Honorable James E. Johnson, Assistant Secretary of the Navy, on a recent trip to the West Coast dropped in on Naval Hospital. He here inspects a new porous material being used by NPRL in cast making. During his brief visit, he toured other services, the P.O.W. wards, spoke with department heads, and held an informal conference with the liaison officer of the Regional Medical Center, LCDR Emery Hatch, the EEO Coordinator, Mr. Weldon Miles, the Minority Affairs Representative, Chief A. J. Lewis, the Senior Enlisted Advisor to the Commanding Officer, HMCM R. Brown, the Assistant Personnel Officer, LTJG K. R. Shannon, MSC, USN, and the Director/Commanding Officer, NRMCO, RADM R. E. Faucett, MC, USN. He was accompanied by his special assistant, Captain William J. Hepfinger, USN.

From Naval Medical Training Institute, NNMC, Bethesda, Md., HM2s John Arbuckle and Harold Jones.

From Naval Regional Medical Center, Philadelphia, Pa., HM3 Thomas McArt.

ENLISTED DETACHED

To Fleet Marine Service School, Camp Pendleton, HA Jessie Davis, HNs David Olson, Clay Sylvester, Pierre Curwick and Larry Pence; HM3 Richard Madsen.

Released to Inactive Duty: HMC Maximino Crisostomo, Jr.

To NAVCOMSTA, San Francisco, HN Gary Crowder; To FMSS Camp Pendleton, Ca., HN Michael McKisson; To Dental Clinic, Long Beach, Ca., DN Colbert Williams.

Released to Inactive Duty in Naval Reserve, HM3 Douglas Harper and HM2 Roberto Marques.

PURPLE HEART MEDAL, Presidential Unit Citation and three Certificates of Good Conduct were awarded POW Returnee SGT Richard C. Burgess. He was promoted to Staff Sergeant on May 11, 1973, in the office of Rear Admiral Faucett, with assistance from COL Thomas Mulvihill, Commanding Officer, Marine Barracks, Naval Station, Treasure Island, San Francisco.

In Memoriam

VICE ADMIRAL FREDERICK GREAVES

November 11, 1896-May 20, 1973

Born and educated in Iowa, VADM Frederick Greaves served in the Army in World War I as a Private. He entered the Navy in May 1923 becoming Captain in June 1942 and Rear Admiral in January 1950. It was after his retirement in July 1958 that he became Vice Admiral.

Although he was Fleet Medical Officer, 8th Fleet, during World War II, and earned two Bronze Stars, Admiral Greaves' first command was Naval Hospital, Bethesda. Thereafter he was Assistant Chief of the Bureau of Medicine and Surgery, Research and Medical Military Specialties in 1950, but soon thereafter he became Chief of Planning, Joint Action Program, Armed Forces Medical Council, Office of the Secretary of Defense. There followed a two-year duty as Inspector General, Medical, upon coming to the West Coast he became Inspector General Navy Action Pacific Coast, Western Sea Frontier, and Medical Officer, 12th Naval District.

Admiral Greaves was living in Saratoga, Ca., at the time of his demise, and he is survived by his wife, Rose, two sons, one daughter and 13 grandchildren.



ENS MURRIEL E. GOODLOE makes a last check prior to inspection on May 10.

LEGALMAN FIRST CLASS
Clarence Atterbury, Jr., receives a citation for meritorious achievement in the superior performance of duties while serving in the Staff of Commander Submarine Group, San Francisco Bay Area, and Commander Submarine Flotilla ONE Representative, San Francisco, February 1971 to March 1973.

Got Corns, Warts, the Wrong Girl on Your Tattoo?

Friday, June 1, 1973
THE OAK LEAF Page Three

Or More Seriously Concerned With Psoriasis

or Basal Cell Carcinoma? Or Plagued by Papules or Pustules About the Face?

Dermatology... at your Service

STAFFED BY

By CDR T. E. CARSON, MC, USN

There are three fully trained staff dermatologists, three dermatology technicians and one receptionist assigned full time to the Dermatology Service. One intern per month as well as residents from various disciplines rotate through the clinic. On-the-job training is offered to corpsmen interested in the field.

SCOPE

The primary role of the service is to provide dermatologic outpatient diagnosis and therapy. Approximately 14,000 clinic visits are recorded each year. Inpatient census is small, averaging four patients at any one time. Some of the most common dermatologic problems encountered include acne, psoriasis, atopic dermatitis, fungous infections, contact dermatitis (especially poison oak), drug eruptions, warts and skin cancer. Occasionally, rare conditions such as leprosy, coccidioidomycosis, sarcoidosis and so forth are seen. The diagnosis and management of various venereal diseases remain a significant part of dermatology.

The skin is the largest organ in the body and is responsible for primary defense against external noxious agents. It is subject to a host of various conditions which may, to the untrained eye, appear similar. Therefore, teaching is an important aspect of the service. Interns and residents rotate through the service in an effort to become familiar with variations of the usual and ordinary dermatoses and their management. Combined conferences are held monthly with the services of Pathology, Pediatrics and Medicine. On-the-job training of corpsmen for certification as dermatology technicians includes potassium hydroxide preparations for the identification of fungous infections; identification of various fungi on culture, darkfield examinations of syphilis, laboratory tests for porphyria and cutaneous allergy. Technicians perform treatments for acne (including CO2 slush and ultraviolet light), tattoo removal, warts and electrolysis. They assist in cancer surgery, dermabrasion and other surgical procedures.

Special clinics are conducted for acne, warts and tattoo removal.

AFFILIATIONS

Close affiliation of the service with departments of dermatology at the University of California, Stanford University and Letterman Army Hospital are maintained, providing expert opinions on difficult cases.

The Naval Hospital, Oakland, staff dermatologists have clinical appointments to the staff at the University of California, San Francisco. The department is active in the San Francisco Dermatologic Society and hosts one of their quarterly meetings annually.



CDR. T. E. Carson



CDR R. S. Schmidt



LCDR J. W. Gerwels

— Three Doctors:

— Three Corpsmen:

— One Corps Wave:



RESEARCH AND PUBLICATIONS

Presentations at various meetings by CDR T. E. Carson have included "Dermatoses in Vietnam," "Some Facts About Venereal Disease in Vietnam," "Treatment of Bowens Disease with Topical 5-Fluorouracil," and "Bullous Dermatoses." Clinical research on the effect of long term triamcinolone acetonide on the hypophyseal - pituitary - adrenal axis is being conducted by Dr. Carson at the present, as well as treatment of Bowen's disease with topical 5-fluorouracil. CDR R. S. Schmidt is investigating cold urticaria. LCDR J. W. Gerwels is studying the role of adrenergic hormones in psoriasis.

Publications by Dr. Carson have included "Serratia Granuloma," in

(Continued on page 6)



FRANK BAUMGARTNER, HM3, is behind the desk to make appointments for that persisting acne. A wart the trouble? Same guy, same station will make an appointment. The Wart and Acne Outpatient Clinics are open every day.



A GENTLE TOUCH is applied by Hospital Corpsman HM3 Douglas Harper to remove a tattoo.



YVONNE BITTLE, HM3, lends a helping hand at the reception desk at Dermatology Services.



STEADY THERE! HM1 George Cartmell wields a sharp knife on a corn between the toes.

Who's Been Doing What . . .

PROMOTED TO LTJG, NC



Kathleen A. Riggs John M. Miller Gary S. Gantz Leslie D. Laughlin

PROMOTED TO LTJG
Gregory Williams
(Dental Student)



PROMOTED TO LCDR, USN
Thomas B. Latendresse
(Ex-POW)



PROMOTED TO LCDR
Sue A. McCumber, NC
Mary L. Milek, MSC



PROMOTED TO CAPT
Carlton J. McLeod, DC
(pictured with his wife)



PROMOTED TO CAPT
Kenneth E. Brown, DC
(pictured with his wife)

Being Promoted



IT'S OFF WITH THE OLD BOARDS for LTJG FRANK HUGHES, MSC who shared the occasion with his wife and two sons.



PROMOTED TO LTJG
Kenneth R. Shannon, MSC



PROMOTED TO LTJG
Raymond H. Vickerman, MSC



REENLISTMENT FOR 6
HM2 Joyce A. Burris



PROMOTED TO CAPT
Loah G. Osborne, NC



PROMOTED TO LCDR
William M. Parsons, MSC

Sports Shorts...

BOWLING

The Wednesday Night Men's Bowling League after 29 weeks finished the season with Dick's Drinkers taking first.

Jose Santiago improved last year's average by 10 pins, bringing it up to 175 to become winner of ABC's achievement award.

Final Results

Won Lost Pct. Avg.

Dick's Drinkers	82	34	.707	938
Spoilers	76	40	.655	940
Wall Bangers	59½	56½	.513	916
Bob's Boozers	54½	61½	.470	912
Smokers	48	68	.414	896
Snuffies	28	88	.241	904
High-Average—				
George Cartmell				189
High Series—Jose Santiago				649
High Game—Dick Hinds				256
H. S. Handicap—				
Dick Dickens				693
H. G. Handicap—				
Bert Banez				278
Max Gonzales				278

12ND TRACK AND FIELD

May 30, 1973

Naval Hospital captured 1st and 2nd place in 12ND 880-yard run with Jim Wahlmeier 1973 Champ and Mark Buvala Runner Up.

SLOW-PITCH SOFTBALL

Last 2 Weeks Results

Up to May 30

Monday, May 21:

OR over Lab—45-3.

MSC over 7 South—7-0.

Tuesday, May 22:

CIC over PT-OT—15-7.

7 South over Radiology—16-12.

Four Merritt Students Train At Naval Hospital

Through the combined efforts of Merritt College and Naval Hospital, Oakland, arrangements have been made for Merritt X-ray students to receive the practical phase of their training at Naval Hospital.

Four residents from Oakland began training here on April 19, 1973. They are Lawrence Fernandes, Carole Kubicki, Arthur Mitchell and Mary Jane Petersen. They will be working 20 hours a week for 9 months, then 40 hours per week for an additional 9 months.

More students from Merritt College are expected to be training at Naval Hospital in the future.

Wednesday, May 23:

OR over NP—16-15.

7 South over Surgery—25-8.

Thursday, May 24:

Food Service over Lab—40-1.

EENT over CPO—14-2.

Tuesday, May 29:

NP over Radiology—16-15.

PT-OT over OR—13-8.

Wednesday, May 30

MSC over CPO—15-14.

EENT over Toxicology—11-8.

Thursday, May 31

Ortho over Surgery—19-6.

Food Service over Radiology—20-9

TENNIS

The 1973 Naval Hospital tennis tournament will run from June 4 to 8th. It is open to all active duty personnel stationed at Naval Hospital. The top six finishers will represent NHO in the upcoming 12ND championships being held at NAS Lemoore on June 29 to July 1.

Tennis Lessons Given

New classes for tennis lessons will begin June 18 and continue for 5 weeks to July 20. There was a responsive turnout for the first series of lessons; therefore, reservations will be on a first-come first-served basis. Lois Bradford will again conduct lessons on the base courts, and classes are open to dependents and active duty military personnel, all ages.

Reservations should be made through Kathy Barte, 569-2021.

the good neighbor.

The American Red Cross

advertising contributed for the public good



Friday, June 1, 1973

THE OAK LEAF

Page Five

Hints Given On Free Travel

Space Available flights via the Military Airlift Command aircraft are one of the fringe benefits available free to the military family, both retired and active duty. U.S. Military Travel and Treasures publishes a bi-monthly newsletter featuring Space A and other travel bargains, including hotel and commercial airline discounts, charter flights and cruises. Special Services, building 38, has copies of the MT&T publication, or personal subscriptions may be purchased through MT&T, 6521 Jay Miller Drive, Falls Church, Va. 22041, for \$2.25 for six issues.



THE BLOOD YOU GAVE may some day come back to benefit you. Pictured is a donor and worker at an earlier Irwin Memorial Blood Bank drive. Another drive was conducted on May 31, and the Commanding Officer granted to all donors an excused absence from the next personnel inspection, scheduled for June 21.



WHETHER HOLDING A TASTING LUNCHEON and selling cookbooks, or at the races, the officers' wives carry on with vim and vigor. At left, Karen Campbell, program chairman; Peggy Miller, vice president; and Francie Douglas, president, are congratulating the winner of the race dedicated to their club at their luncheon in April, which was held at Golden Gate Race Track.



VOLLEYBALL TOPS for the season—in the forefront (L to R) are the OR first place winners ENS D. Haenfler, HM3 B. Razey, ENS G. Gantz and HM2 M. Bagaason. Placing second for NP are LT W. Reeves, HM3 P. Westberg, LT C. Spann and HM3 L. Coles.

Over 700 YEARS Of Service Tallied Here



IT'S A LONG WAY FROM PROBATION to 20 years service, but Dr. Clifford Wong, of the Vallejo Dispensary MINS; Mildred Brogdon, Military Personnel; Jewel Starks, Nursing Service; Eleanor Avila, Comptroller; Harold Siebert, Laboratory and (second row) Willie Smith, Operating Service; Elizabeth Parrish, Dispensary, NAS, Moffett Field; Rosa Lewis and William Hendrix, Food Service; Inez Swaggard, Pharmacy; George Littlefair, Public Works, and (not pictured) Billie Jaksch, Dispensary, NSA, Vallejo, completed 20 years of service.



AND IT'S A MUCH LONGER WAY to 30 years completed by Roy Roundtree, Ira Jones, Woodrow Stuart, Vernon Bell and William Collier of Food Service; Ambrus Turner, Operating Service; Walter Carter, Lucious Moore, Harry Staedler and Emil Himango of Public Works, and (not pictured) Alick Bowater and Ivan Myers, Public Works; and Willie Drew, Food Service.



10 YEARS OF SERVICE certificate for Mr. Claude Weaver, Public Works.

German Shepherd Owners Called to Attention

An urgent need exists within the Department of Defense for German Shepherd dogs. To be eligible, the dog must be a German Shepherd (need not be registered), between 1 and 3 years old, weigh a minimum of 60 pounds, measure 24 inches high at the shoulder, be a color other than pure white, and a female be spayed at least 30 days. Individuals wishing to sell or donate such a dog are urged to communicate directly with the DOD Dog Center (SAAMA) AFM Lackland AFB, Texas 78035 (AUTOVON 473-3125 or 473-4251).

Life Began

AT Naval Hospital on May 16, 1973, Martin Paul Miller, 7 pound son of Donna and Bill Stanley Miller, on May 20, 1973, Talia, 6 pound, 11 1/2 pound son of Susan and Bill Raymond Redd.

Movie Schedule

Friday, June 1
A MAN FOR HANGING—Peter Breck, Paul Carr—Western (R)

Saturday, June 2
ZIG ZAG—George Kennedy, Anne Jackson—Suspense Drama (PG)

Sunday, June 3
VON RICHTHOFEN AND BROWN—John Philip Law, Don Stroud—War Drama (PG)

Monday, June 4
STEELYARD BLUES—Peter Boyle, Jane Fonda—Comedy (PG)

Tuesday, June 5
PRIME CUT—Lee Marvin, Gene Hackman—Action Drama (R)

Wednesday, June 6
UP THE SANDBOX—Barbra Streisand, David Selby—Comedy Drama (R)

Thursday, June 7
1776—William Daniels, Howard Da Silva—Musical (G)

Friday, June 8
NED KELLY—Mick Jagger, Clarissa Kaye—Western (PG)

Saturday, June 9
THE LOOKING GLASS WAR—Christopher Jones, Ralph Richardson—Drama (PG)

Sunday, June 10
THE LADY IN THE CAR WITH GLASSES AND A GUN—Samantha Eggar, Oliver Reed—Drama (R)

Monday, June 11
THE LIFE AND TIMES OF JUDGE ROY BEAN—Paul Newman, Anthony Perkins—Western Drama (PG)

Tuesday, June 12
WAR BETWEEN MEN AND WOMEN—Jack Lemmon, Barbara Harris—Comedy (PG)

Dermatology

(Continued from page 3)

a recent issue of "JAMA," and a chapter on "Venereal Disease in the Military" in "Sexually Transmitted Diseases" published in April 1973 by Charles C. Thomas.

A scientific exhibit entitled "Dermatoses in Vietnam" by CDRs T. E. Carson and R. S. Schmidt won honorable mention at the 1972 meeting of the American Medical Association in Atlantic City.

CDR Carson was recently elected to fellowship in the American College of Physicians.

Wednesday, June 13
THE EFFECTS OF GAMMA RAYS ON MAN IN THE MOON—MARIGOLDS—Joanne Woodward, Nell Potts, Melodrama (PG)

Thursday, June 14
ESCAPE TO THE SUN—Laurence Harvey, Josephine Chaplin—Drama (PG)
CLINICAL ASSEMBLY
Building 500—7:00 p.m.

The Hot Line to the Exec is still in existence. Call E-X-E-C and leave messages. Administration will try to provide answers to all questions.



A chance meeting in a barber chair at the Naval Hospital, Oakland brought together war prisoners from different times and places.

Navy Commander Richard A. Stratton, left, spent over 6 years in a North Vietnamese prisoner-of-war camp. His barber, Israel Nadjari, spent the last 3 years of World War II in a Nazi concentration camp. After the two compared experiences, CDR Stratton noted that while 100 per cent of American prisoners were tortured by the North Vietnamese, a like percentage of captive Jews were executed by the Nazis.

The OAK LEAF

Vol. 34, No. 39

Friday, June 15, 1973

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

35 Volunteers Give Job Physicals

At various clinics throughout the hospital, on Saturday, June 9, from 8:15 to 12 noon, 16 physicians, two laboratory assistants, nine corpsmen, three nurses, and five Red Cross volunteers joined to perform physical examinations for 250 youths who will be placed throughout the city on summer-time jobs.

The Oakland Public Schools System sponsors the 1973 summer youth employment program, and the work positions to be assumed are as library, recreation, maintenance, conservation, food service, health and bookkeeping aids, and in clerical, typing and filing areas.

Four busloads of high school students were brought to Naval Hospital, where recordings of blood pressure, height, weight, distance vision, color vision, X-rays and physical examinations were made.

Naval Air Station Alameda and Naval Station Treasure Island dispensaries also took part in the cooperative project and provided examinations for about 200 more youths.

High Level Officials Tour Naval Hospital

Demand for improved health and medical care continues to receive international focus. On June 7, Naval Hospital hosted representatives from the French Ministry of Health and the Centre Scientifique et Technique du Batiment and U.S. officials from the Center for Building Technology, National Bureau of Standards, on a tour of our hospital.

In April 1972 a United States team visited medical facilities in Paris and the vicinity, having interaction with cancer research facilities, teaching hospitals, medical educational institutions and the Ministry of Health. Naval Hospital, along with Letterman General Hospital, Mayo Clinic of Rochester, Scripps of San Diego and others, was selected as one of the major medical facilities for reciprocal study. The team was interested in functional design, plant engineering and medical services provided.

The 14 members of the U.S. and French Cooperative Team were escorted by LCDR D. H. Fluharty, CEC, USN, Mr. Ben Nelson of Public Works, and by LTJG L. S. Watts, USN, Asst. Patient Affairs



THE U.S.-FRENCH COOPERATIVE TEAM interested in Programs on Building Technology lend an attentive ear to LTJG Philip Hewitt as he explains a detail concerning food preparation at our facility.

Officer. Acting as interpreters were CDR N. C. LaChappelle, MSC, USN, CAPT R. W. Steyn, MC, USN, and CAPT R. A. Proulx, MC, USN.

Following the tour and a question and answer period in the Commanding Officer's Conference Room, the dignitaries were guests at the Commissioned Officers Mess (Closed), after which they were returned to their hotel in San Francisco.

Navy Relief Helps

The Navy Relief Society's official drive was concluded on June 6, but if you failed to hand a donation to the Key Man of your service or branch, it is not too late to do so.

During 1972 at Naval Hospital, Oakland, 31 loans were processed, amounting to \$3,676.25, and 25 gratuities aided needy families and individuals.

Want To Join?

Just for the statistically interested, U.S. Naval Reserve Medical Company 12-6 now has 35 members, 20 of them on pay status, and 21 males and 14 females. The Executive Officer of that reserve is LCDR Dolores Staudenraus, NC. Ten members are from the Medical Corps, 13 from the Medical Service Corps and 12 from the Nurse Corps.

THE ASSISTANT SECRETARY OF THE NAVY
(MANPOWER AND RESERVE AFFAIRS)
WASHINGTON, D.C. 20350



30 May 1973

Rear Admiral R. E. Faucett
Commanding Officer
Naval Hospital
Oakland, California 94627

Dear Admiral Faucett:

The only thing wrong with my visit to Oakland Naval Hospital was that it was just too short. I'll know better the next time.

It was a pleasure to meet with such a group of dedicated and enthusiastic people. You have a wonderful staff, and I hope you'll extend my heartfelt thanks to them for getting together with me in some very valuable discussions. The pride everyone showed in the brief tour, just confirmed my impression of . . . dedicated service on the part of people who work for you.

Sincerely,

(Signed) J. E. Johnson

James F. Johnson

Civilians to Get Their 'Say'

Civilian personnel and their supervisors will have an opportunity to "speak out" through questionnaires to be distributed on June 18. They may express, anonymously, their feelings on promotions, training programs, equal employment, position classifications and related matters.

The object of the nationwide survey is to identify areas where change might improve the Civilian Personnel Management Program. The Office of Civilian Manpower Management in Washington will make the mechanical computerized tabulations which will reveal trends and attitudes. The readouts on the self-evaluation will then be returned to the individual commands to provide assistance in improving personnel relations.



PAYING OFF his wife's raccoon is how Duane Bechthold spends part of his military pay. Baby Rickie, held by Pat, is not a furry coat extravagance, but a furry pet that is already extremely affectionate at age 8 weeks.



EXHAUSTED, DAVID HERLOCKER catches one breath and declares that he's a Believer. Gas rationing is for real.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
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+ + CHAPLAIN'S CORNER + +

OUR WATERGATES

With the murky backwash of Watergate lapping about our feet we are tempted to withdraw into a dark depression of dissolutionment. But there is a positive note to this affair. We do have a sense of moral outrage. We do have a conscience left. We do have a government structure where redress is a possibility. In a day when prophets of doom are ready to write off society as a bad trip and America as a lost cause, here is a tremendous plus factor. The image of God with which man was created is sadly defaced and blurred but is not a total loss.

Each of us has our own personal Watergate Affair if we really call it like it is, but again, God encourages us to look at the positive side and what new creations He can make of our lives when we admit our Watergates and seek His direction for life. The twinge of conscience, the sense of uneasiness in the midst of our Watergates is a siren call back to the grandeur of our origins—man created in the image of God.

LCDR A. R. TREIBEL, CHC, USNR

WINTON JUNIOR HIGH GIVES BOOKS



Seven boxes full of paperbacks. Enough mysteries to puzzle every night for a month. They are for staff's and patients' reading pleasure and available in the Crew's Library because honor students of Winton Junior High School of Hayward chose the book collection method as a means of doing something for others.

Sponsor of the Honor Society of 33 members is LCDR (Ret) Martha Grant, who, with five representative members, delivered the

books to LT D. D. Thorson, in Special Services.

Making the delivery were Lori Suan, Dawn Fitzsimmons, Mark Meyer, Ray Will and Leslie Lasher. The honor group expresses its civic mindedness in many other ways throughout the year. At Christmas many from the group helped with the decorating of the hospital. They regularly sponsor cleanup campaigns on campus and carry on as exemplary students for their classmates throughout the year.

BASIC PRINCIPLES OF NAVY POLICY

"There are three. The first is to achieve and maintain the highest level of combat effectiveness possible, now and in the future. This is the paramount objective of the Navy. The second is to maintain the order and discipline that is essential to the accomplishment of the mission. The third is to carry out, promptly and faithfully, the human goals program developed by the Secretary of Defense for the Department of Defense. These three principles are consistent and mutually reinforcing.

"These principles have been embodied in new personnel policies, adopted to insure the continued effective operation of the Navy. Programs to implement these new policies have been established and the programs will be supported at all levels of the Navy. Resources will be made available; and decisions made down the line in due course to carry out these programs will be upheld. None of the new policies involve any change in the chain of command; they do not alter the responsibilities and authorities of commanders; they do not compromise good order and discipline; they do not relieve any Navy man or woman of the necessity to follow lawful orders; and they do not change my determination to back up those in command as they carry out their responsibilities.

"They do attempt to adapt some of the policies of the Navy more closely to the demands of the present environment in order to improve our effectiveness."

—CNO Presentation to Retired Flag Officers of the Washington area.

A Toast to The Traditional 'Dining In'



IN THE DAYS WHEN THE ROMAN FLEET sailed the seas, the end of a cruise was celebrated with merry making and the giving of thanks. The British in the 15th and 16th centuries adopted the social graces and over the years the "Dining In" became tradition. Today the tradition is carried on, and somewhat commandery in the spirit of fellowship the junior officers meet with senior officers and join in traditional toasting of the evening. CAPT Ellison C. Grayson, USNR, President, San Francisco Navy League addressed the group in the jovial and entertaining mood of the evening.

Scuttlebutt

It's not every hair stylist in the area who receives a letter from Alberta, Canada, asking for reservation of time for a permanent. Robert Gonzales, at the Exchange Beauty Shop, took a look at his appointment book to try to accommodate.

Gwen Thompson, wife of LT Stan Thompson, resident in Internal Medicine, recently passed her Real Estate Board exams. She's with Wells & Bennett, Realtors, and has no complaints at all about the public's continued interest in home ownership.

Fat Albert, the Schnauzer owned jointly by Bill Cosby and CDR Jean Heath, at last report was on his way to his Championship at Mt. Odgen, Utah.

The lineup was 10 deep waiting for the ladies' room at OB&GYN Clinic when one patient was heard to comment, "You mean they're using those thin vials now. No wonder it is taking everyone so long."

Some people use any reason as an excuse to cheat on a diet. Dorothy Tovatt's toothache caused the infraction, but Jane Lippincott felt so much better about her own sin of commission when she spied and said, "Good, you too."

It wasn't too bad last Thursday when the electricity went off in building 38. The PX closed down and its employees were authorized to go home early.

Movie Schedule

- Saturday, June 16
BOXCAR BERTHA—Barbara Hershey, Dan Carradine—Drama (R)
- Sunday, June 17
SAY HELLO TO YESTERDAY—Jean Simmons, Leonard Whiting—Drama (PG)
- Monday, June 18
THE HEARTBREAK KID—Charles Grodin, Cybill Shepherd—Comedy Melodrama (PG)
- Tuesday, June 19
THE GREAT NORTHFIELD MINNESOTA RAID—Cliff Robertson, Robert Duvall—Western Drama (PG)
- Wednesday, June 20
SLEUTH—Laurence Olivier, Michael Caine—Suspense (PG)
- Thursday, June 21
ROMA—Federico Fellini, Peter Gonzales—Documentary (R)
- Friday, June 22
JORY—John Marley, B. J. Thomas—Western (PG)
- Saturday, June 23
THE REVENGERS—William Holden, Ernest Borgnine—Western (PG)
- Sunday, June 24
ACE HIGH—Eli Wallach, Terence Hill—Western (PG)
- Monday, June 25
TOM SAWYER—Johnny Whitaker, Celeste Holm—Musical (G)
- Tuesday, June 26
TALES FROM THE CRYPT—Sir Ralph Richardson, Joan Collins—Horror Drama (PG)
- Wednesday, June 27
THE EMIGRANTS—Max Von Sydow, Lea Ullmann—Drama (PG)
- Thursday, June 28
THE THIEF WHO CAME TO DINNER—Ryan O'Neal, Jacqueline Bisset—Comedy (PG)

June Is Bursting Out All Over With Promotions, Advancements, Graduations



CDR R. H. BODENBENDER
Armed Forces Expeditionary Medal



SPECIAL SHOULDER BOARDS. They were a gift from the residents of Neuropsychiatry Service to CAPT G. Austin Conkey, who received his promotion on June 8. He is being aided here by his sister Ms. Ann Cummings and his mother, Mrs. Evelyn Conkey, both of Walnut Creek.



CDR DAVID ZIEGLER



LCDR BOWEN ASSERSON



LCDR THOMAS SHERRY



LCDR ALAN KISELSTEIN



LTJG L. S. WATTS and SON



LTJG ESMERALDA HESS

SORRY, Sir

LCDR Raymond H. Vickerman of the Medical Service Corps of PT-OT was inadvertently demoted in the last issue of THE OAK LEAF. He was promoted to Lieutenant Commander. Sorry about the error!



LCDR P. E. LEWIS and SON



CAPT VERNON FITCHETT
Acting Executive Officer, and
LCDR JOHN SHIGEOKA



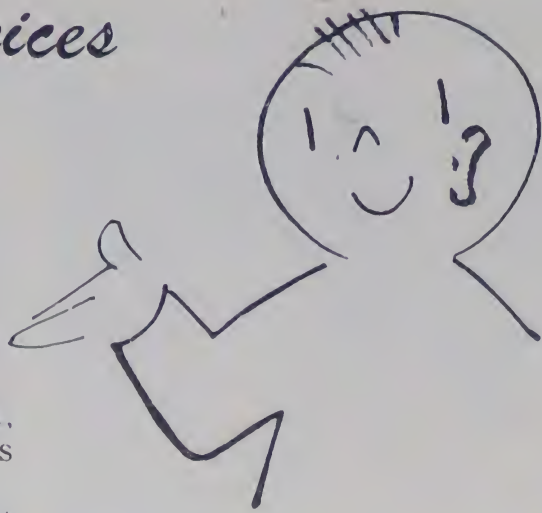
THE ADMIRAL'S OFFICE WAS BUZZING as newly promoted Lieutenant Commanders signed in while friends and relatives stood by. Signing are Stanley Thompson, Richard Rose, Jay Noffsinger, Richard Manjerovic, Douglas Folsom and Victor Dalforno.

Services, Services . . . Who gives the services?

Friday, June 15, 1973
Page Four THE OAK LEAF

Operating Services

. . . at your
Service



LT Buddy T. Sparks, Head,
Regional Operating Services
Department

ENS Wally Eichelberg, Assistant
Operating Services Officer (soon
to be relieved by ENS Thad
Sparkman)

HMC Ben Margo, Enlisted
Assistant, General Services
Branch and Head, Security
Branch

Mr. Fred Taylor, Housekeeping
Officer

Mr. Tom Payne, Laundry Manager

The Regional Operating Services
Department is established on the
premise that "Service Is Our
Product. We are here to serve, and
want to know where we may serve
better."

The transfer of offices from
building 500 to building 73 was a
step towards establishing regional
headquarters at Naval Hospital,
although at some dispensaries the
Department acts in an advisory
capacity only. (They would have
no control over security at Naval
Air Station, Alameda, for in-
stance.)

Operating Services personnel
believe that to properly use the
supporting services being offered,
all personnel should be made
aware of activities carried on by
the different branches.

There are four branches within
the department, and each branch
has several sections or areas of
responsibility. General Services is
perhaps the largest branch. The
Security Branch has many facets
of accountability under which it
operates. The duties of the House-
keeping and the Laundry Branches
are apparent in their title;
however, few people are really
aware of the complexities of tasks
assigned within their missions.

Assignments to various branches
are capsuled in the outlines.



TELETYPE MESSAGES get
delivered as promptly as they are
received by Earline Oliver,
Teletype Operator, who is found
behind these doors to the left of the
OOD's desk. Five telephone
operators also serve the hospital.

General Services Branch
Bindery Section (a new service)
Central Files Section
Handles command correspon-
dence
Retains control of forms, in-
structions and notices
Duplicating Section
(Over 15 copies must be on a
requisition)
Information Desk Section (OOD)
Assists visitors
Keeps daily log
Maintains locator files on
patients and staff
Provides coordination of fire
parties
Mail Room Section
Expedites flow of all correspon-
dence
Distributes and sorts guard mail
Paging System and Message
Section
Switchboard Section
Coordinates Code "Four" calls
Gives Autovon and telephone
assistance
Reviews bills

* * *

Security Branch
Administrative Section
Appoints Master-at-Arms
Updates pay and personnel
record entries when required
Discipline Section
Prosecutes non-judicial cases,
advising of rights and
obligations
ID and Pass Section
Photographs personnel for IDs
Updates ID cards
Issues official vehicle passes
(Continued on Column 4
this page)



SPRAY BUFFING takes stripping and rewaxing know-how, and Mr.
Eddie Louis is part of the floor refinishing team. The coordination of all
housekeeping duties keeps Bill Whittington, housekeeping foreman,
mighty busy. He, for one, certainly agrees that "Good Housekeeping
Makes Work Easier."



"DOWN THE HALL THATAWAY," Jane Tipton, receptionist at the
OOD's desk, directs Robert Johnston, HA. Behind the counter at the left
Edward Fleming, HA, also helps to inform the public.



BEHIND THE BARS, Robert Jenison, HN, expedites the mail. Twice
daily the Mail Room closes for sorting and distribution. A steady flow
of customers are at the window daily, and the clerks handle approximately
3,300 pieces of incoming and outgoing mail and guard mail. Guard Mail
service facilitates the rapid flow of communications. Deliveries are
made to 35 different house units.

(Continued from Column 2)

Fire Safety Section
Educates public through con-
ferences, demonstrations and
lectures
Handles fire protection and fire
fighting
Holds monthly fire drills
Makes inspections of premises
and equipment
Reviews for hazards
Trains personnel

Investigations Section
Gathers data for both judicial
and non-judicial cases (in-
cluding auto accident)
Maintains liaison with Naval
Investigation Service

* * *

(Continued on Page 5)

Operating Services . . .

(Continued from Page 4)



PASSING OUT A PASS—William Walton helps control on-base traffic as another of Operating Services' services.



TWENTY-TWO YEARS of concern help Stewart Beck, Crew Chief of the Fire Department, realize the truth of the old saying that an ounce of prevention goes triple in times like these.



THREE BIG WASHERS can cleanse 1,200 pounds per hour. Charles Roberson, Laundry Machine Operator, lowers 400 pounds of linens into a machine.

At the flatwork presses "Mama" (Ruby) Beard, Edith Taylor and Gertrude Williams, on the day of the picture, by 10:45 a.m. had pressed 1,417 sheets. Thomas O. Payne is the manager of this regionalized operation.

* * *

Laundry Branch

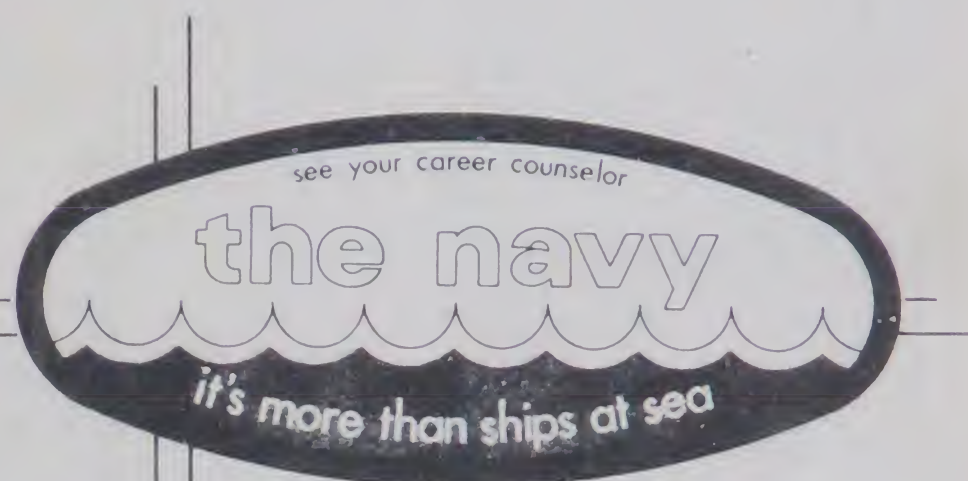
Washes, sanitizes, presses, picks up and delivers (24 employees clean an average of 9,000 pounds of soiled linens from regional commands daily)

* * *

Housekeeping Branch (45 personnel)

Cleans rooms and offices
Continually tests and studies products
Distributes daily linen
Is instrumental in control of infection

* * *



Building 105, ext. 2237 or 3085

HMC O'Connor or HM1 French

IT'S AN EDUCATION

The Navy operates its own school system. It's one of the largest and best in the world! Over 130,000 Navy men and women take advantage of these schools each year to get ahead. They learn useful skills from baking to mechanics.

Some rather special Navy schools (flight school, submarine school, or nuclear power school) offer opportunities hard to find anywhere but in the Navy. The U.S. Naval Academy, one of the finest colleges in the country, offers an excellent education and great prestige.

How do you get into one of these schools? In a number of ways, but first it must be understood that not everyone can qualify for all of them. Some at entrance require a college degree, some are restricted to certain rates or ratings and, for many, there are restrictions on age. To qualify for most of the Navy schools, personnel have to extend or reenlist, have a certain GCT ARI score and have so much time in rate or on active duty. The requirements vary from school to school. The career counselor is the source of knowledge on the specifics for each.

Now, how do Navy personnel get Navy schooling? The simplest route is a special request chit

through the commanding officer. If the requestor is on his first enlistment the Selective Training and Reenlistment (STAR) Program may be the answer. Or, if he desires to get into a school and change rating at the same time, the Selective Conversion and Reenlistment (SCORE) Program is a good bet. In many cases schools are also a part of a reenlistment incentive program.

One special program is Project BOOST. It is designed for those who have shown good leadership potential, but who have an inadequate educational background. BOOST provides two years of academic schooling tailored to individual needs. It allows participants to compete for entrance to the Naval Academy, NROTC or NESEP Programs.

What do Navy schools provide? If eligible, automatic advancement, VRB, pro pay, special pay or a commission. The rewards, like the requirements, vary. The career counselor can provide the details on this too. Most of all, a Navy school offers practical knowledge and useful training. As they say: "The Navy is more than ships at sea . . . it's an education" and that's what it takes to get ahead nowadays.



MANAGEMENT OF ENLISTED QUARTERS comes under Operating Services. Here David Hopper, HN, fills in the Barracks' Master Arms Robert Rhodes, SM2) on what's been going on in building 501. Three other assistants are also assigned to the building.



GRADUATES OF THE OPERATING ROOM CLASS No. 7303
Thomas A. Reale, Joe N. Richards, Larry T. Harris, Richard G. Heather, Donald J. Katz, Dana L. Hendrickson, Robert E. Sansom, James C. Belling, Daniel M. Hughes, Mike Bagaason (enlisted instructor), James P. Klinger. The speaker was Joe Keane.



HN KARLA SMITH,
Letter of Appreciation



CLASS No. 67 GRADUATES OF NEURO PSYCHIATRIC TECHNICIANS SCHOOL

HM3 Ray Martin, HA Ronald W. Berke, HM3 Donald B. Browing, HM3 Paul Chapman, HN Richard Daunais, HN Ralph Hughes NHO, HN Bonnie A. Masotti, HN Patrick O. Davidson, HM3 Douglas Phemister, HM3 Robert Tassinari, HN John Sullivan, HM3 Steven L. Ayola, HM Gregory DeMarco, HN Gary Knapp, HN Kenneth Johnson, HA Victor A. Bailey, NHO, HM3 Jesse Franklin.



CAPT IRA WOODSTEIN and DANG PUOC NHIEU, Certificate of On-the-Job Training, Orthopedic Cast Room



A NEW LINE is spliced to the one which raises the flag each morning, and SM2 Robert Rhodes performs the chore.



HM2 JAMES W. BRASSEUR, Letter of Appreciation



HMC NORBERTO BANEZ, Reenlistment



LT ART FREEMAN, Station Champ, defeated CAPT Donald McLean in finals, 6-1, 6-0.

YOGA LESSONS
Military staff personnel and their dependents may obtain yoga lessons free on Tuesdays and Thursdays at 7:00 p.m. in the station gymnasium. Bring a floor mat or blanket and wear loose fitting clothes. Instructor for the lessons is Neal Archer.



ALICK BOWATER has been with the Federal Government 30 years. He is a driver from Public Works' Transportation Branch who has won several safe driving awards.



THESE WHO HAVE EARNED THEIR ADVANCEMENTS are the folk who on "their" day are treated to steak and lobster and dine with the Commanding Officer in the Main Dining Room.

The OAK LEAF

Vol. 34, No. 40

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Friday, June 29, 1973



NHO JANGO WINS MEMORIAL SCHOLARSHIP



LINDA KINZEL

The Betty Lou Young Memorial Scholarship for 1973 has been awarded Miss Linda Kinzel, who is an active JANGO of Naval Hospital.

Mrs. J. Young was Guild Chairman here prior to her death in 1969, and she had worked so devotedly with the JANGOs that the national chapter thought it fitting to establish a memorial in her honor. This is the third year that the \$200 award has been given.

Linda is the daughter of HTC and Mrs. LeRoy Kinzel, 1307 Central Ave., Alameda. She joined the JANGOs in February 1972. She graduated this year from the Notre Dame High School in Alameda, and has been accepted at Cal State, Hayward, to become a nursing major in 1974.

Library Services Are Extensive

Biomedical literature and information services at the graduate level are available to any professional health worker, whether military or civilian, through the network of Regional Medical Library services developed by the National Library of Medicine. A directory of regional and other libraries is located in the Medical Library in building 500.

Optical Shop Expands Sailor of the Month



Four times the size of the old optical shop, a bigger selection of frame styles, three stations for fitting, a less harried place to wait while adjustments are made—it all adds to the ability to give better service in the Navy Exchange Optical Shop.

Carl E. Thompson, the optician who had a lot to say about the arrangement of the new facilities, has been in the business for 16 years. He formerly was manager

of the Terra Linda Branch of Physicians Optical, San Rafael. He has been at Naval Hospital for 7½ years, and is assisted by Carol Godley and Vera Hardy.

For several months the optical shop has been open on Saturday from 9 a.m. until 1 p.m. Monday through Friday hours are 8 a.m. to 5 p.m., and appointments may be made by calling ext. 2250. Or just drop in to look over the new home; you might decide on prescription sun glasses.



When HM2 Frank G. Baumgartner departs the Navy on July 6, he won't be shipping far. He is enrolling at Cal State, Hayward, in graphic design with art his major.

During Frank's 3½ years at Naval Hospital, he says he has felt very much "at home." Although born in Billings, Mont., he has spent over 10 years in the Bay Area.

Frank was chosen Sailor of the Month for May 1973 because of the professional competence and exceptional service performed as a technician in Dermatology Service. It was such that he earned the respect and recognition of his superiors and peers alike.

Five Good Conduct Medals Awarded —One To A Ninth Award Recipient

The Navy Good Conduct Medal was first granted in 1869 to recognize above average service in conduct and proficiency. Later, through liberalization of requirements, the dignity and value of the award was somewhat lessened.

In 1960, however, regulations restored the Good Conduct Medal to its traditional purpose of recognizing the "all-around" good Navy enlisted personnel, well qualified in all phases of conduct and performance. Five such members have recently been recognized at Naval Hospital.

HM2 Robert Depedro, who works in the Eye Clinic, has earned his first award. When not at work, he enjoys sailing, camping and photography.

HM2 Pamela Diane Fergus is another Naval Hospital Award recipient. She works in X-ray, is completing her first 4 years of service and likes to sew and read. Her husband is stationed at Luke AFB in Arizona.

Another first time recipient of the medal is HM2 John Lewis Fisher. He's married, likes to garden and play the guitar.

The fourth Good Conduct Award recipient is from our Branch Dispensary at Naval Air Station

Alameda. HM2 Larry James Falcon likes all sports, especially surfing, skiing, soft ball, motor-cycling.

The last recipient, receiving his ninth award, is HMCS Fred Little. He works in the Personnel Division and enjoys fishing, sailing and sometimes softball.



HMCS FRED LITTLE, USN
NINTH AWARD

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorsen, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958. THE OAK LEAF receives Armed Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

Divine Services

CATHOLIC

SUNDAY MASS—8:30 a.m. Clinical Assembly (Third Floor)
12:15 p.m. Main Chapel*
DAILY MASS—12:00 Noon Chapel of Hope (Mon.-Sat.)
HOLY DAYS OF OBLIGATION
12:00 Mass, Chapel of Hope
4:30 p.m. Mass, Chapel of Hope
Confessions: Before all Masses
Baptisms: By appointment
Rosary: 11:50 a.m. (Before Daily Masses)

PROTESTANT

SUNDAY WORSHIP—9:30 a.m. Chapel of Hope (Third Floor)
10:30 a.m. Main Chapel*
SUNDAY SCHOOL and ADULT DISCUSSION GROUP—9:30 a.m., Chapel Annex
HOLY COMMUNION: First Sunday of each month
Weddings and Baptisms: By appointment.
Choir Rehearsals: To be announced.

OTHER

The Jewish Rabbi visits the Hospital one day a week. For appointments call Extension 2251 or 2252 or 357-8505.
A service for Latter Day Saints is held in the Chapel of Hope at 2:00 p.m. on Sundays.

*A nursery for small children is available in the Chapel Annex (Bldg. 133) during these services.

"The Navigators" hold meetings at 7:30 p.m. in the Chapel Annex every Tuesday. Contact the Chaplain's Office for further information.

HOURS ADD UP FOR NAVY RELIEF

At the Officers' Wives' Club farewell luncheon for many members who will be departing this station, recognition was given to Mrs. Sandy Ollenburg for her work as chairman of the Navy Relief Society for the past year. Tribute was also paid to the workers who had devoted many hours to the program: Mrs. Vivian

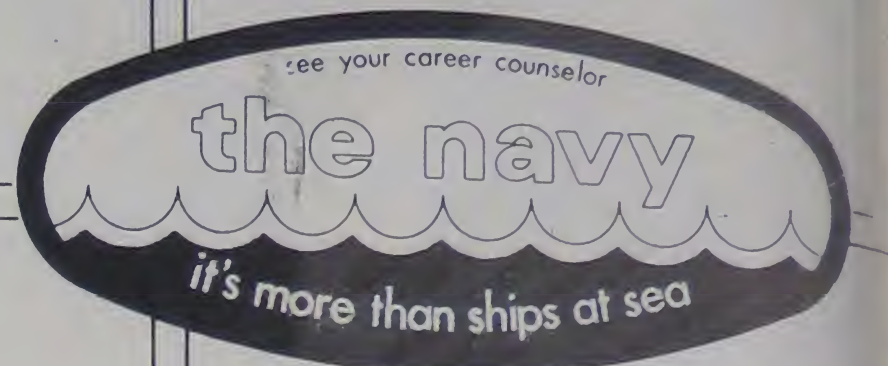
Millard for 1,750 hours, Mrs. Ginny Hayes and Mrs. Eileen Leshar, 1,000 hours; Mrs. Emily Miller, 300 hours; Mrs. Fritz McKenzie (outgoing editor of "The Fig Leaf"), 100 hours.

Those persons having little time to devote to the work of the society are urged to devote \$\$\$.

The drive for funds is continuous.



THE HELP HOSPITALIZED VETERANS of San Diego presented 55 cartons of craft sets to Occupational Therapy, Naval Hospital. LT Lucinda Avriett and LT Arnold Friedman look over some of the items.



Building 105, ext 2237 or 3085
HMC O'Connor or HML French

GETTING AHEAD AND THE NAVY

Some employers grant promotions on the basis of internal politics or who-you-know. Not the Navy. Advancement in the Navy is achieved by competitive examinations which are open to all who are eligible. Everyone is required to meet the same basic qualifications. Your performance, professional knowledge, achievements and years of service are among the factors which are considered.

On some jobs, advancement is dependent on the recommendation of an immediate supervisor—which is fine if you are a buddy. In the Navy, the personal element is minimized because one person alone does not make the judgment. At least two people (your leading petty officer and division officer) have a hand in writing your semi-annual evaluations. These evaluations are the basis upon which your commanding officer makes his recommendation for you to take, or not take, the Navy-wide advancement exam.

In some jobs you must wait years for the man ahead of you to retire or leave before you can get a

promotion. In the Navy, you don't have to wait for that one spot open up; there are, depending on your rate and rating, many slots open for you after each advancement exam.

The basis of the Navy's advancement program is pride and professionalism—pride in your professional competence and expert knowledge. The Navy is a demanding profession; yet everyone has an equal chance to make it to the top.

The key to the Navy's advancement system is dedication, study and performance. This August thousands of Navy men and women will compete for advancement. If you are one of them, now is the time to start studying. Begin with a program of regular study, at least one hour every day. With today's trimmed down and more elite Navy, there will be fewer openings at the top, but the same fair opportunities to compete for advancement exist as before—if you are willing to work.

The Navy is one employer where fair and equal advancement opportunity is guaranteed to all.



REENLISTMENT DAY is important in the lives of HM2 Neil L. Sanders and his wife as they are served coffee by the Senior Enlisted Advisor, Master Chief Brown, in company with Senior Chief Paul T. Lightfoot.

Many Civilians Retire This Month

Eve Barber, Patient Affairs, 28 years	Bertha McCoy, Supply Department, 23 years
Arles Boden, Fiscal, 29 years	Lillian Miller, Patient Affairs, 20 years
Thelma Bonney, Patient Affairs, 22 years	Mattie Mitchell (disability), Food Service, 28 years
Gladys Davis, Housekeeping Branch, 31 years	Henry Moses, Public Works, 35 years
Marcella DeFreze, Telephone Office, 14 years	Ivan Myers, Public Works, 30 years
Ellsworth Fredette, Food Service, 28 years	Arline Raw, Patient Affairs, 21 years
Geraldine Hartnett, Military Personnel, 20 years	Claude Rowe, Public Works, 33 years
Emil Himango, Public Works, 30 years	Bertha Sales (disability), Nursing Service, 28 years
Britton Hodge, Food Service, 29 years	Stephen Seaberry (disability), Food Service, 20 years
Ophelia Hooper, Housekeeping Branch, 24 years	Gertrude Smith, Patient Affairs, 30 years
Bessie Howard, Housekeeping Branch, 28 years	Eleanor Stromberg, Patient Affairs, 25 years
Kenneth Hunting, NPRI, 30 years	Josephine Wallace, Patient Affairs, 19 years
Aery Knowles, Nursing Service, 25 years	Alma Watko, Data Processing, 23 years
Henry Long, Hunters Point Dispensary, 31 years	Orpa Walker, Nursing Service, 10 years
George Manchester, Public Works, 32 years	

Papa Is Proud



MARY JO MATALAS

Work experience at Naval Hospital inspired Mary Jo Matalas to go into nursing. Working in the snack bar in building 500 back in 1969 seems a remote motivation, but Mary Jo says that's when she conceived visions of her future.

The 20-year-old daughter of Gus Matalas, of Transportation, graduated on June 22 from Samuel Merritt Hospital, Oakland. She will work for that hospital in their intensive care unit.

Movie Schedule

Saturday, June 30 BUTCH CASSIDY AND THE SUNDANCE KID—Paul Newman, Robert Redford— Comedy Western (PG)
Sunday, July 1 HELLO DOLLY!—Barbra Streisand, Walter Matthau—Musical (G)
Monday, July 2 A WARM DECEMBER—Sidney Poitier, Esther Anderson—Melodrama (PG)
Tuesday, July 3 STANLEY—Stanley, Chris Robinson—Horror Drama (PG)
Wednesday, July 4 NO MOVIE
Thursday, July 5 THEY ONLY KILL THEIR MASTERS— James Garner, Katherine Ross—Suspense (PG)
Friday, July 6 THE WORLD'S GREATEST ATHLETE—Jan- Michael Vincent, John Amos—Comedy (G)
Saturday, July 7 LET'S SCARE JESSICA TO DEATH—Zohra Lampert, Barton Heyman—Horror Drama (PG)
Sunday, July 8 THE CULPEPPER CATTLE CO.—Gary Grimes, Bill Bush—Western (PG)
Monday, July 9 THE GREAT WALTZ—Horst Buckholz, Mary Costa—Musical (G)
Tuesday, July 10 COME BACK CHARLESTON BLUE—Godfrey Cambridge, Raymond St. Jacques— Comedy Drama (PG)
Wednesday, July 11 SCORPIO—Burt Lancaster, Alain Delon— Mystery (PG)
Thursday, July 12 THE VALACHI PAPERS—Charles Bronson, Uini Ventura—Action Drama (R)

Donna Cruzan Retires After 22½ Years As Secretary to Executive Officers

Donna Cruzan, "right hand" of 17 executive officers, retired this week after 27½ years with the Armed Forces, 22½ of them at this naval hospital.

"Wish I could have made it to 30," Donna said with genuine regret at retirement ceremonies in the CO's Office Wednesday. "But I haven't given up the ship; nor will I forget my shipmates, military and civilian. 'Semper Fidelis' has always been my favorite motto, and I'm still going to follow it," she had planned to say—until words failed her.

Donna's early retirement, necessitated by physical disability, marks the end of a lifelong family association with the military. Her father and her husband were both Marine Corps officers. She and her mother were secretaries at the Army's Camp Callan AARTC in La Jolla during WWII. Donna transferred to NAS, Oakland, thence to NH Oakland.

The retiring secretary and her mother, "Mullie" Jack, who served here as Medical Publications Editor for 18 years, note with pride their combined total of 54 years' service with the military—service embracing WWII, Korea and Vietnam.

Her early life in Santo Domingo, Cuba, and Mexico, two years at Beaver College in Pennsylvania, graduation from Katherine Gibbs Secretarial School, New York City, studies at the University of Mexico and work for the British Office of Information in Mexico City made Donna "a natural" for her job here.

In addition to myriad secretarial duties, Donna had a special assignment for which she is known, literally around the world. Her language abilities and understanding of what life is like for a stranger in a foreign land led to her appointment (during former Surgeon General VADM G. M. Davis' tour of duty as XO) as assistant to foreign observers assigned here.

Only recently Donna sleepily answered her telephone at 0230 to hear the voice of a Philippine Navy nurse saying from Travis: "I'm here. They told me to phone Donna



DONNA CRUZAN

as soon as I arrived." Whether their needs were for housing, palatable food or friendship, Donna was always "at the ready" and on occasion took women officers from Thailand, Korea and the Philippines home with her to stay until living quarters could be found for them.

Other fringe benefits of her language skills—for her and the Navy—were her services as co-hostess and interpreter at formal dinners and receptions given by the 12ND Commandant for Spanish-speaking dignitaries of flag rank and her work in translating for groups visiting the hospital.

Whether she was singing in the Catholic choir (as she and "Mullie" did for ten years), cooking ham hocks and co'n pone for a lonesome quadruple amputee, having FADM C. W. Nimitz drop by her office to practice his Spanish and regale her with tall tales or performing routine duties, the hospital was Donna's niche.

Her goal was to fill that niche in the highest tradition of the Naval Service. That she did so was indicated in a letter she received from Admiral Faucett the day some 50 of her friends and coworkers honored her at a beautifully appointed retirement luncheon at NAS Alameda Officers' Club. The letter spoke of the graciousness and empathy that have endeared Donna to countless people. "Although we have served together at Naval Hospital Oakland for only a short time, it soon became apparent to me that the organization had become a very real part of you—and you of it," the Admiral wrote.

CAPT E. B. Miller, AO, read the CO's letter and delivered his own thanks and good wishes. Claire Cepollina, mistress of ceremonies for the party, presented the retirement gift—a \$100 merchandise order, which Donna is happily spending at a well-known local department store.



Naval Hospital, Oakland, on June 13, 1973, Emily Lovelace Gorsuch, 7 pound, 5 ounce daughter of Jean and CAPT George E. Gorsuch on June 19, 1973, Christy Louise Horner, 6 pound, 10 ounce daughter of Nancy and LCDR Richard Horner on June 20, Thomas Thane, 8 pound, 2½ ounce son of Pamela and HM3 Thomas McCawley on June 20, Jamie Ann DeSalvo, 9 pound daughter of Jeanne and HM3 James J. DeSalvo

Bowlers Show Generosity



MRS. ELAINE HAGIN, Director, California Women's Bowling Association; Mrs. Juanita Chellew and Mrs. Myrtle Del Castillo, Diablo Women's Bowling Association; Mrs. Helen Duval, Professional Women's Bowling Association (PWBA), AQ2 Joe Taylor and Chief Maxie Gonzales of Special Services; Miss Carole Seltz, PWBA; Mrs. Charis Carlson, Diablo Women's Bowling Association.

The California Bowlers Victory Legion again have shown the generosity of their members by donating over \$4,000 worth of items to Naval Hospital.

Gifts include record and cassette players and recorders with headphones, sleeping bags, cots and camping equipment, new furniture for use at the swimming pool, volleyballs, basketballs and many sports items.



HM3 N. G. JOHNSON received a Letter of Appreciation for services in producing a film on regionalization.



DETECTIVE-SERGEANT EDWARD A. VOLPE, on behalf of the Alameda County Deputy Sheriff's Association, presented tickets to the California State Wristwrestling Championship which will be distributed to hospital personnel by Special Services' Patient Entertainment Coordinator.

THE SHORT SHEET

DOD Implements Dependency Court Ruling

Military services have been notified that married female members no longer need prove dependency of their civilian husbands to draw married BAQ or for eligibility for medical benefits. The change has been made retroactive to May 14, 1973.

Plans Are in Making for Navy Birthday Celebration

The theme for the 198th Birthday of the Navy will be "A Family Tradition." Planning is already taking place for the October 13 event.

Optional Life Insurance Reductions Begin July 1

On the civilian scene, because of reduction in mortality experience of the insured group, optional insurance premiums have been reduced. There is no change in premium rates for the regular life insurance and no open enrollment for optional has been declared. Your Civilian Personnel Office will furnish details on reduction in premium rates.

Across Country, Navy Stations Ration Gas

Many Navy Exchange gas stations have begun limiting gasoline sales to no more than 12 gallons per customer and price increases are here. If local conditions should warrant, the gas rationing can be set at lower limits.



SDI MARIANO A. DULCE re-enlisted for 3 years.

FAMILY HOUSING ELIGIBILITY SET FORTH

Instruction 11101.6 issued May 24, 1973, covers regulations for application and assignment to family housing, including entitlements and eligibility for officer and enlisted personnel.



THIS OLD SALT, BT1 B. F. Horgeshimer, retired to a Mentor Minn., farm.



PC2 TIMOTHY ALAN ZINGLAR sworn in as postal officer



NOT ORDINARY GRADUATES are three who graduated from Class No. 66 of Preventive Medicine Technicians' School. With their instructors, they also received Associate of Arts Degrees in Environmental Health Technology from Merritt College. Pictured are HMC D. J. Vaughn, USN, HMC S. W. Brown, USN (Instructor), HMC L. P. Therrien, USN (Instructor), HMC R. B. Tiller, USCG, HM1 A. F. Stonebraker, USN. HM1 Stonebraker is also an Ensign Selectee for the Medical Service Corps, and he was Valedictorian of his class. Instructors Brown and Therrien graduated with cum laude honors.



MR. F. BIGGS, USN (Ret), President, and Mr. Bob Dixon, USN (Ret), Vice-President Elect of the Fleet Reserve Association Branch 87, contributed \$50 on behalf of the association for toys for the Pediatrics Ward.

Hail & Farewell

ENLISTED REPORTING...

From Naval Hospital Corps School, San Diego, HM2 Warrington Richards, HAS Michael Dohm, Olegario Majam, Jr., Wilbur Mumford, Jr., Kip Weiland and HN Robert Carter

From Naval Dental Center, Naval Station, San Diego, DA John Howell

From Naval Medical Training Institute, NNMC, Bethesda, Md., HA Mitchell Calderwood

From Naval Hospital Corps School, Great Lakes, Ill., HAS Nicholas Garcia, Ronald Glover, Kenneth Culliton and Kathleen Flatoff

From MSC Transport Unit One, Oakland, HM2 Gary Peterson

ENLISTED DETACHED:

To Naval Air Facility, Atsugi, Japan, HM1 Thomas Harold and HA Patrick Bellando

To NAS, Whidbey Island, Wash., SD3 Rogelio Reolegio

To Naval Supply Center, Oakland, HM3 Stephen McKechnie

Discharged from USN, HA Karen Luger
Released to inactive duty in Naval Reserve
HM3s Stephen Fredrick, Jr., Kenneth Culbertson, Creigh House and Harold Summitt

ENLISTED REPORTING...

From Nav Med Training Institute NNMC, Bethesda, MD, HN Joseph Curaz

From MSC Trans Unit One, Oakland, HN Leonard Pedrotti

From Naval Hospital Corps School, Great Lakes, Ill., HAS Janet McNutt, Julie Rish and Linda Hawkins

From Naval Hospital Corps School, San Diego, HN Ronald Reed, HAS Mark Armstrong, Charles Winjum, Nathan Hudson, Gregory Schedeck, Michael Skinner and James Szabo
HMs Donald Bard and Lee Gould, HM1 Paulette Sauln, HNs William Schott, Robert Tillman, HAS Tomas Rosal, Michael Christoffersen, Paul Normand, Steven Barreras, William Hopper and Kathleen Walker

ENLISTED DETACHED

To Naval Sub Med Cen New London, Conn, HM1 Robert Henderson

To Naval Hospital, San Diego, HM2 Neil Sanders

To USS IMPERVIOUS (MSO-499), HM1 Robert Rhodes

To Nav Reg Med Cen, Guam, HA David Freeman

RELEASED TO INACTIVE DUTY IN NAVAL RESERVE

HM2 Bryan Holbert, HM3s Andrew Swanson and Norman Johnson

Many Who's Been Doing What . . . Getting Promoted (New Rank As Titled)



CDR CARL G. KARDINAL
(with Clinical Research Assistant
Debbie Thompson and his wife)



LCDR RICHARD TIRRELL
(and wife)



CAPT NORMAN K. TAKAKI



CAPT RICHARD M. DEANER
(and wife)

Congratulations



LCDR Bernard P. Novak, LCDR George J. Gavrell, LCDR John J. Geren, LCDR Lawrence A. Lisska



LCDR RICHARD J. HORNER
(and wife)



LCDR JOHN F. ZNIDER



LCDR ROBERT G. JOHNSTON



LCDR TOM H. PEPPER



LCDR Sheffield Boardman, Jr.
Residency Certificate



LCDR ROBERT O. CRAPO



LCDR THOMAS J. JOSEPH



CAPT SUE SMOKER and
LT KAREN SNOWDEN

Sports Shorts

12ND CHESS CHAMPIONSHIPS

At Naval Station, Treasure Island, Special Services Conference Room, building 263, July 30-August 3, at 6 p.m. The tournament will be played under the Swiss System.

The top four finishers will qualify for the West Coast Navy Chess Championships August 20-24, Naval Station, San Diego.

Contact Ron Brown, ext. 2350, for details.

INTRAMURAL STANDINGS AS OF: JUNE 27, 1973 (INCL.) SOFTBALL (Slow-Pitch)

TEAMS	WINS	LOSES	PCT.
FOOD SERVICE	6	0	1.000
ORTHO	7	1	.875
EENT	6	1	.857
OR	7	2	.778
7 SOUTH	6	3	.667
CIC	5	4	.556
RADIOLOGY	5	4	.556
TOXICOLOGY	4	5	.444
NP	3	5	.375
PT OT	3	6	.333
LAB	2	6	.250
MSC	2	6	.250
SURGERY	1	6	.143
C P O	0	9	.000



LCDR RONALD C. BURTON
(Surrounded by his children)

HOSPITAL CORPS BALL--1973

HN WILLIAM LEON BANKS
(Youngest Corpsman)

MASTER CHIEF ROBERT G.
BROWN
(Oldest Corpsman)





The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 41

Friday, July 13, 1973

Naval Hospital Oakland Captures Coveted 1973 12ND Championship

By Ron Brown
Athletic Director

HOSPITAL TEAM UPSETS DEFENDING 1972 CHAMPS

Softball fans were treated to a tremendous display of hitting and defensive play last Saturday (July 7) as they witnessed the fall of a defending champion and the rise of a new champion as Naval Hospital came back from a previous day's 8 to 2 defeat at the hands of Naval Air Station Alameda (1972 Champs).

The not-to-be-denied hospital team came back Saturday morning to polish off Skaags Island of Vallejo by a score of 8 to 3, thus earning another shot at NAS Alameda. With the double loss elimination in effect, Naval Hospital, in order to win, had to defeat the Alameda team twice; and that they did, by scores of 9-8 and 13-5.

Contributing greatly to the success of the Naval Hospital victory was Chuck Swearingen, Joe Montes, Mike Smith, Bill Nierman, Jan Weisberg, Lloyd Langston, Mike Cabrell, Gary Gantz, Rich Jones, Jim Walczak, Mike Bertain, Jon Kempfer, Danny Bober, Bill McKenzie, Richard Klotz and Ed Aikens.

WEST COAST REGIONALS

The newly crowned 12ND Slow Pitch Kings will advance to the 1973 West Coast Regionals being held at NAS North Island, San Diego, from July 30 to August 3, 1973.

OTHER SCORES

In earlier games of the tournament, Naval Hospital Oakland defeated Stockton Communications Station by a score of 6-4 in nine innings. The next day they defeated NAS Moffett Field by a score of 2-0.

11 of 32 Ex-Interns to Stay at NHO

At the June 29 graduation ceremony of interns at Naval Hospital, Dr. Dale F. Redig, Dean, School of Dentistry, University of the Pacific, San Francisco, urged the graduates to hold on to their vision and idealism. "You are, absolutely, our only hope," he said. He pointed to changing delivery patterns of health care, with the trend being toward Right versus Privilege.

The Class of 1973 and their assignments are:

Names in bold denote NHO residents.

LT William W. Beckett, Jr. (University of Missouri), Naval Hospital, Oakland, Orthopedic Residency

LT James H. Boddicker (University of Iowa), Naval Administrative Unit, Idaho Falls, Idaho

LT Leonard M. Campbell (St. Louis University), Naval Hospital, Oakland, Radiology Residency

LT Kenneth C. Castor, Jr. (Indiana University), Naval Hospital, Oakland, Pediatric Residency

LT John P. Colman (Tulane University), Naval Air Station, Alameda, California

LT James E. Congdon (Chicago College of Osteopathic Medicine), Naval Hospital, Great Lakes,

Internal Medicine Residency
LT Justus J. Fiechtner (Boston University), Naval Postgraduate School, Monterey, California
LT Gary L. Franssen (University of Nebraska), Aerospace Medical Center, Pensacola, Florida

(Continued on page 3)



VIPs Were Aboard

Naval Hospital has had several important visitors aboard in recent weeks. RADM (Selectee) Tzu-Tu Chou, Surgeon General of the Chinese Navy, and Captain Sha Chen Hua, Chief of the Professional Division, Bureau of Medicine, Chinese Navy, were in the United States to inquire into the present state of U.S. submarine and diving medicine and research. They toured the hospital on the morning of June 29.

Earlier, Doctors H. Kato and S. Nakamura of Japan, civilian doctors, but frequent visitors to Yokosuka Naval Hospital, Japan, were also guests of our facility. Dr. Kato is a bronchoscopist from Yokosuka and Dr. Nakamura is a Fellow in Gastroenterology at Kiyosai Hospital of that city.

She Packs Her Bag

Miss Helen Strehlis, Recreation Supervisor of the Red Cross, Naval Hospital, packed her bags today for a summer tour prior to retirement on the first of September. Helen has friends worldwide, having been Supervisor of Supplemental Recreational Activities Overseas in Morocco and France, and Hospital Recreational Worker or Supervisor in Puerto Rico, Germany, Japan and in the United States at Great Lakes Naval Hospital, Percy Jones Army Hospital, Lackland AFB, Fitzsimons Army Medical Center, Lowry AFB, William Beaumont Army Medical Center and Letterman Army Medical Center.

Upon her arrival at Naval Hospital in February of 1970, she assumed charge of the Red Cross recreational program. She supervised three workers and approximately 50 recreation and craft volunteers. She was also in charge of the summer Volunteer program, and served on the Hospital Recreation Council.

Miss Strehlis will be replaced by Miss Beverly Davis, who will report August 1 from the Midwest Area. Miss Davis has just received her Masters Degree in Recreation from the University of Illinois.

Three Captains Retire



CAPT Charles F. Climie, Jr., MC, USN, having completed 30 years of active service, stands with his wife at retirement ceremonies on June 30, 1973. Captain Climie was Chief of the Outpatient Department. **CAPT Harold N. Dean, MC, USN**, outgoing Chief of Anesthesiology, was piped ashore after 20 years of active service. After 32 years active service, **CAPT R. F. Schugmann, MC, USN**, clears his desk. He was Senior Medical Officer at the Naval Weapons Station, Concord, a regional dispensary.

PLEASE NOTE!
Saturday Closing
The Navy Exchange Gas Station will be closed on Saturdays until further notice.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives Armed Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

Recently while on a tour at San Quentin, I heard one of their chaplains relate his experience of being interviewed by a member of the news media. During the unrehearsed interview the question was asked, "Chaplain, if you could bring one thing to the person, what would it be?" The chaplain responded, "A sense of self-respect." This perhaps was not the answer the newsman expected but one that certainly provided stimulus for thought.

Self-respect. Such an important ingredient in the character of any person. The loss of it has brought many to misery and untimely death. Without it, one cannot hope to have the respect of others. With it, that same person can stand tall and strong against adversity and defeat. Much of the public ministry of Jesus was spent in helping people gain a sense of self-respect and well-being.

Marcus Aurelius said, "Never esteem anything as of advantage to thee that shall make thee break thy word or lose thy self-respect." The Bible expresses the thought, "A good name is rather to be chosen than great riches." St. Paul said "... fill your minds with those things that are good and deserve praise: things that are true, noble, right, pure, lovely, and honorable."

—LCDR J. R. PERDEW, CHC, USN

Your Power Mower Is A Domestic Weapon

What domestic appliance do you know of that can cut like a knife, shoot like a gun or explode like a bomb?

Your rotary power lawn mower can if it is carelessly used.

The most hazardous part of your mower is the fast rotating blade, but you should be aware of other hazards too. Rocks and other debris can be hurtled from the discharge chute at high speeds. A mower gas tank being filled while hot can explode. A mower running in a closed garage can emit poisonous carbon monoxide fumes. Or loose clothing—even long hair—can be caught in a mower's exposed moving parts.

THE SHORT SHEET

Quick Action Is Needed to Prevent Lapse in Allotment Payments

Mandatory "Q" allotments have been eliminated. Personnel affected who wish to continue support of their dependents by a Class "D" allotment must fill in necessary forms at the Disbursing Office in time to arrive at the Navy Finance Center in Cleveland by July 16.

Dig Our Crazy Language

We'll begin with a box and the plural is boxes,
But the plural of ox is oxen, not oxes.
Then, one fowl is a goose but two are called geese,
Yet the plural of moose should never be meese.

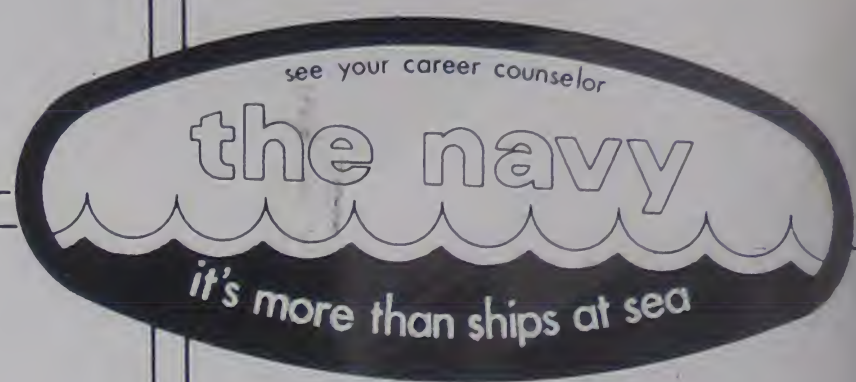
You find a lone mouse or a whole set of mice,
Yet the plural of house is houses, not hice.
If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?

If I speak of a foot and you show me your feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?

Then, one may be that, and three would be those,
Yet hat in the plural wouldn't be hose.
We speak of a brother and also say brethren,
But though we say Mother, we never say Methren.

Then, the masculine pronouns are he, his and him,
But imagine the feminine she, shis, and shim.
So English, I fancy you all will agree,
Is the funniest language you ever did see.

—Anonymous



Building 105, ext 2237 or 3085
HMC O'Connor or HMI French

Transition Program Defined

The purpose of the Transition Program is to provide maximum vocational counseling and guidance and training or educational opportunities to Servicemen during their last six months of duty in order to prepare them for a productive reentry into civilian life.

The program operates on a decentralized basis at bases in the Army, Navy, Air Force and Marine Corps all over the world. Servicemen are contacted normally six months prior to separation and offered help in planning their future careers.

Transition provides training and educational assistance primarily to those individuals most in need of training in order to make a proper readjustment to civilian life. Vocational counseling is made available to all individuals scheduled to return to civilian life.

Priority in the program, particularly with respect to entry into training courses, is given in the order below to those enlisted personnel who:

- Are disabled;
- Are ineligible to reenlist;
- Entered Service with no civilian job experience and who did not acquire a civilian-related skill during their period of active duty;
- Served almost exclusively in the combat type military specialties;

Hail & Farewell

ENLISTED REPORTING

From Naval Dental Center, Naval Station, San Diego: DAs Mark Nadler and Vern Isip.

From Naval Hospital, NARMC, Pensacola, Fla.: HM3 Sidney Guthrie, III.

From: Naval Hospital Corps School, Great Lakes, Ill.: HNs Kathleen Miller and Avery Carter, HAs Ernest Dunbar, Keith Metz, Gale Petrosky and Allan Reed.

From Naval Hospital Corps School, San Diego: HM1 Hugh Taylor, HNs Jose Nool, Roger Wohlwend and Timothy Dahlberg, HA Kim Johnson.

ENLISTED DETACHED

To USS TOLOVANA (AO 64): HM3 Thomas Robberson.

To NAF, Atsugi: HM3 Ross Shiraki.

To NAVSUBMEDCEN, New London, Conn.: HM2 Tommy Vanlandingham.

To NAS, Barbers Point, Oahu, Hawaii: HM3 Mark Colling.

To: FMSS Camp Pendleton, CA: HA John Dempsey and HM1 Enrique Resultan, Jr.

To Naval Station Argentina: HM3 Steve Hostetter.

To Naval Regional Medical Center, Pearl Harbor: HM3s Gordon Leiter and Pak Tam.

To USS MIDWAY (CVA 41), HN Joseph Giordan.

Released to Inactive Duty in USNR: HN Stephen Price.

Transferred to Fleet Reserve: BT1 Buddy Horgeshimer.

- Have low educational achievement;
- Established need in upgrading military skills which are civilian-related;
- Are retiring and desire to change skills in order to obtain a useful civilian skill.

Transition emphasizes five basic services: Vocational counseling, skill training, educational guidance, resume and job assistance.

Each Serviceman (or Servicewoman) with 1 to 6 months' service time remaining completes a questionnaire containing information about his or her background and interests. One or more counseling sessions are scheduled to discuss the Serviceman's qualifications, his objectives, his career prospects and to display to the Serviceman the array of alternatives open to him. Transition training or education may be alternatives. A third may be reenlistment. A fourth may be to pursue benefits of the GI legislation. A fifth may be to seek aid in appraising the skills acquired during military service in order to prepare him for the most favorable placement in the civilian job market. The advantage of such counseling, well in advance of separation, is the opportunity that it affords the Serviceman to think carefully about his future. At no other time will there be available to a counselor the wealth of personnel data upon which to help the man make critical decisions.

—From "Commanders Digest"



GETTING OUT THE TRANSCRIPT, for the past 7 years has been part of the job of Anna Mae Taylor, in the Legal Office. Mrs. Taylor uses the steno-mask (which is placed over the nose and mouth of the reporter) in taking the hearings, courts martial and conferences for which an official verbatim record is required.

Who's Been Doing What . . .



SKC ROBERT B. GAINES, on Temporary Duty from Yokosuka, Japan, reenlists for another 2 years. Chief Gaines is working in the Supply Branch. His wife, Fumiko, is a patient at Naval Hospital.

Scuttlebutt

NAS Alameda celebrated their softball loss to Naval Hospital with champagne (which had been brought along to celebrate a win).

The CPOs softball team just won their first game of the season.

ENS Judy Benny, who keeps things rolling in the Officer Personnel Branch, is one of two women in the Navy in her field as Health Care administrator who holds a commissioned status in the Medical Service Corps.

LCDR Phyllis Warren, of Lab Services, took off in the company of her three dogs this weekend for a campout on Mt. Diablo.

CAPT Donald McLean has been down Guatemala way, but two or three phone calls failed to find out what he's been up to. The hospital will be missing him on a more extended basis come September 1 when he retires.

One civil servant recently went to a lunch happening where the guests were asked to envision themselves at their own funeral with guests filing by and turning away, and to imagine what was said. Several women down the table cried audibly, but our employee giggled. Could it be that she had something on the onlookers and planned to tattle?



WIVES, RELATIVES AND FRIENDS shared graduation ceremonies with the medical and dental interns on June 29. After the presentation of diplomas cake and punch were served in the Main Dining Room.

Intern Assignments

(Continued from page 1)

LT Richard C. Griffiths (George Washington University), Naval Air Station, Alameda, California

LT Darrel D. Handke (University of Nebraska), Naval Hospital, Oakland, Internal Medicine Residency

LT David A. Ingram (University of Michigan), Naval Submarine Medical Center, New London, Connecticut

LT Lawrence D. Kramer (Philadelphia College of Osteopathic Medicine), Naval Air Station, North Island, San Diego, California

LT David P. Matsenbaugh (University of Oklahoma), Naval Hospital, Oakland, Internal Medicine Residency

LT Benjamin K. McInnes, III (Medical University of South Carolina), Naval Dispensary, Treasure Island, San Francisco, California

LT Gregory L. Meiman (Indiana University), Naval Hospital, Memphis, Tennessee

LT William K. Murray (Chicago College of Osteopathic Medicine), Naval Hospital, Oakland, Obstetrics and Gynecology Residency

LT Gail K. Mynard (Medical College of Wisconsin), Naval Support Activity, Mare Island, Anesthesiology Residency

LT Robert K. O'Bryan (Baylor College of Medicine), Naval Hospital, Oakland, Anesthesiology Residency

LT Joel C. Pittard (Medical College of Georgia), Naval Weapons Station, Concord, California

LT Ronald J. Reeb (Creighton University), Naval Hospital,

Philadelphia, Radiology Residency

LT Eugene S. Reynolds (University of Alabama), Naval Hospital, Oakland, Internal Medicine Residency

LT Peter T. Selove (West Virginia University), Naval Training Center, Great Lakes, Illinois

LT George C. Swanson (University of Florida), Naval Hospital, Oakland, Otolaryngology Residency

LT Michael J. Thoene (University of Nebraska), Naval Air Station, North Island, San Diego, California

LT Paul H. Toomer (Meharry Medical College), Naval Hospital, Oakland, Obstetrics and Gynecology Residency

LT Michael G. Van Ronzelen (University of Missouri), Naval Hospital, Oakland, General Surgery Residency

LT David R. Zachary (Creighton University), Naval Hospital, Camp Pendleton, Family Practice Residency

Dental Interns and Assignments

LT Philip E. Genet (University of Kentucky), USS MIDWAY (CVA-41)

LT John C. Martin (University of Oregon), USS CORAL SEA (CVA-43)

LT William G. Reeves (University of Missouri), USS ENTERPRISE (CVAN-65)

LT Charles E. Spann (University of Texas), USS BRYCE CANYON (AD-36)

LT Paul F. Stannard (University of Washington), USS GRISKANY (CVA-34)



Swim Lessons to be Given

Swimming lessons will start on July 16 for all staff military and their dependents. There will be four groups of 10-day sessions:

8:00 a.m.—Advanced

9:00 a.m.—Intermediate

10:00 a.m.—Beginner

10:50 a.m.—Preschool (ages 2 to 5)

Adult classes will be on a continuing basis each Saturday at 10 a.m.

Preregistration began this morning at the station swimming pool. There will be new signup every other Monday; the next registration will be held on Monday, July 30, from 8 a.m. to 10 a.m.

Mrs. Sandi Hill, who previously taught swimming at Travis Air Force Base, will be the instructor, and a registration fee of \$5.00 per family for 10 lessons will be charged.



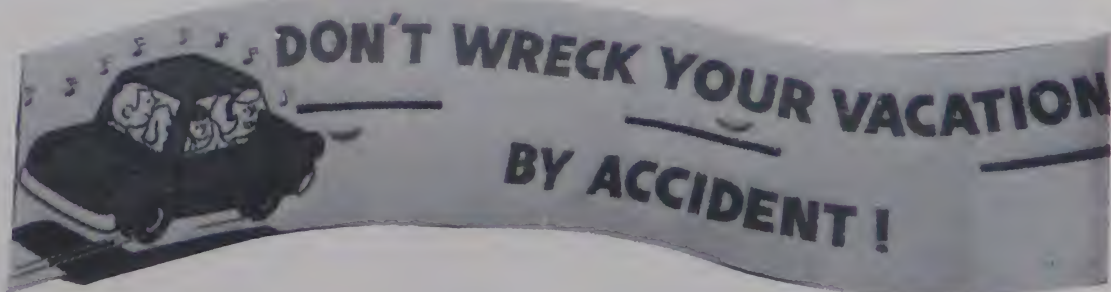
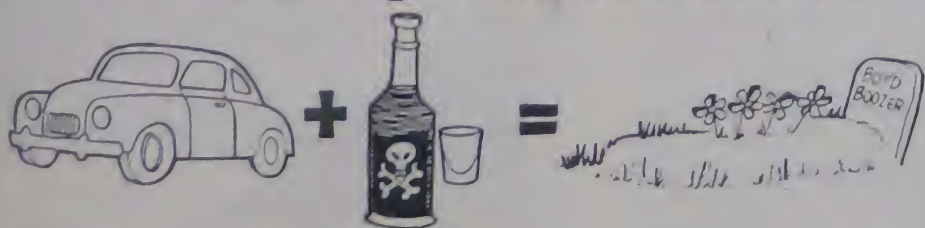
A FOURTH REENLISTMENT for HMC Thomas J. Marria, Jr., USN, as he is sworn in for three years more. He works in the Enlisted Personnel office.

Sports Shorts

INTRAMURAL STANDINGS SLOW PITCH SOFTBALL (Up to and including July 11)

Teams	W	L	Pct.
Food Service	10	0	1.000
EENT	8	1	.889
OR	8	2	.800
Ortho	7	2	.778
7-South	6	4	.600
CIC	6	5	.545
Radiology	6	5	.545
NP	5	5	.500
PT OT	5	6	.455
Toxicology	4	5	.444
Lab	2	8	.200
Surgery	2	8	.200
MSC	2	9	.182
CPO	1	10	.091

a deadly formula . . .





LTJG V. MARSHALL (center) supervises Mr. A. Moser and HN R. Bayne as they perform one of the many manipulations involved in the biochemical analysis of urine in the Drug Screening Lab.

Welcome to the Lab! We welcome the opportunity to give you the grand tour and to introduce some of the many laboratory services available and a number of the people who contribute these services.

To help you appreciate our workload, the Laboratory Service carries out 1.5 million clinical laboratory tests per year. In addition, the pathology section evaluates 12,000 tissue specimens and 30,000 cytology preparations (PAP smears) annually.

The professional staff consists of seven staff pathologists, four pathology residents, six MSC officers, 59 enlisted staff, 15 lab students and 30 civilians.



HM2 L. EATON, of the Parasitology Section, sends out the daily test results.

Hematology and Urinalysis

The area of the laboratory most familiar to patients is the blood collecting area where blood for tests is drawn from over 250 outpatients each day. Then the components are separated and sent to the work areas, where the determinations requested by the patient's physician are performed. Glucose tolerance tests to detect diabetes are also done in this area.

Technicians perform urinalyses and chemical tests and microscopic examinations. The tests help the physician evaluate the status of the kidneys and give information about other diseases and organs

such as diabetes, liver and blood disorders.

The hematology section of the lab concerns itself with the formed elements of the blood, i.e., the blood cells. Evaluations are done to establish the presence and help determine the cause of anemias, or increases or decreases in the white cells. In addition, studies of bleeding disorders and studies to determine the effects of blood thinner medication are performed.

Blood Bank

The blood bank is that portion of the laboratory which provides blood donor and transfusion services for the hospital. This is accomplished through recruiting donors, confirming donor health, performing phlebotomies, processing and labeling donor blood units and preparing blood components. As ancillary functions, the donor service performs phlebotomies for autologous transfusions and plasmapheresis for therapeutic purposes and for blood component preparation.

The main function of the transfusion service is to provide blood and blood components beneficial to the recipient and to perform serologic testing of donor and recipient blood to establish compatibility. In addition, the transfusion service offers various diagnostic tests, including prenatal and neonatal testing.

Clinical Chemistry Section

The clinical chemistry section of the laboratory performs a wide range of analyses on serum and other biologic fluids. These studies aid medical officers in diagnosing and following many disease processes. Several determinations are made in order to survey for significant disease in apparently normal Navy personnel. Thus a routine battery of tests picks up previously unsuspected abnormalities. A high blood sugar may point to latent diabetes; a borderline calcium can indicate a silent tumor of the parathyroid.

Today the clinical chemistry technician relies more and more on automation to provide for the increased workload. In 1969 approximately 318,000 biochemical tests were performed; by 1972 the volume had risen to 541,000. A 12-man team of Navy and civilian technicians in this section run the complicated automated equipment. An added benefit of automation is increased accuracy.

The validity of results is constantly monitored by a quality control program

Laboratory Service

*Script—
Joint Effort
of
Lab Service*

*Photos—
Jo Spivey*

which employs a variety of control sera and check samples. This program can be followed day by day on the bulletin board outside the chemistry lab. In this way the laboratory is able to insure much greater accuracy than has been attainable in the past.

Many new methods and techniques have been introduced in the last two or three years with the rapid growth of the special chemistry lab. This lab is responsible for the assay of many factors (hormones, serum proteins, toxic substances) which were previously undetectable. Even more remarkable progress is in the offing. In cooperation with the Nuclear Medicine Department trace substances can be specifically measured using radioisotopes. Radioimmunoassay (RIA) has a vast potential in medicine.

In addition to its capacity to handle high volume routine testing, the clinical chemistry section has the flexibility to process emergency specimens with



HM3 E. BULALACAO, student, answers one of the many telephone inquiries received daily by the Laboratory Service.



HMC D. CURTIS (left), HMC D. Bechthold and W. Richards prepare reagents for use on channel autoanalyzer. Through automation

our Service



ANDERSON, of the Special Lab, is extracting porphyrins.

his requires an around-the-clock Technicians on the "graveyard" to be especially versatile.

Microbiology Section
Microbiology section which encompasses the fields of bacteriology, mycobacteriology, parasitology, and immunology performs approximately 13,000 procedures per month. A number of test procedures range in complexity from the simple Gram stain to present studies for autoimmune

Microbiology section the technologist clinical specimens must first grow the organisms and then perform

biochemical identification procedures. In addition to identification, antimicrobial susceptibility tests are performed on isolates thereby enabling the medical officer to effectively treat the infection. Similar procedures are performed in the mycology and mycobacteriology labs.

The parasitology lab processes 200 to 300 specimens a month. In this section skilled technologists screen specimens for protozoan parasites such as *Entamoeba histolytica*, the etiological agent of Amoebiasis. Much time and effort was expended by this section recently in examining specimens from our repatriated POWs.

Recent advances in the methodology of microbiology (such as an isotopic blood culture procedure and gas chromatographic procedures for isolation and identification of anaerobic microorganisms from specimens) are in the process of being introduced to this laboratory. Once such procedures are functional, the services available to the medical officers will be greatly increased.



HA G. CAST, a student, draws a blood sample from patient Norman Tattie.

Pathology Section

In the pathology section tissues are exposed to many complex processing procedures in preparation of microscopic slides which are evaluated by staff pathologists in order to diagnose disease processes. Several times weekly, in order to determine and expedite further surgical treatment, the staff is called upon for a rapid



MISS L. BERG AND MISS P. ANGLE, cytotechnologists, confer over a PAP smear for evaluation of cancer.



sistent results on a large number of specimens obtained.

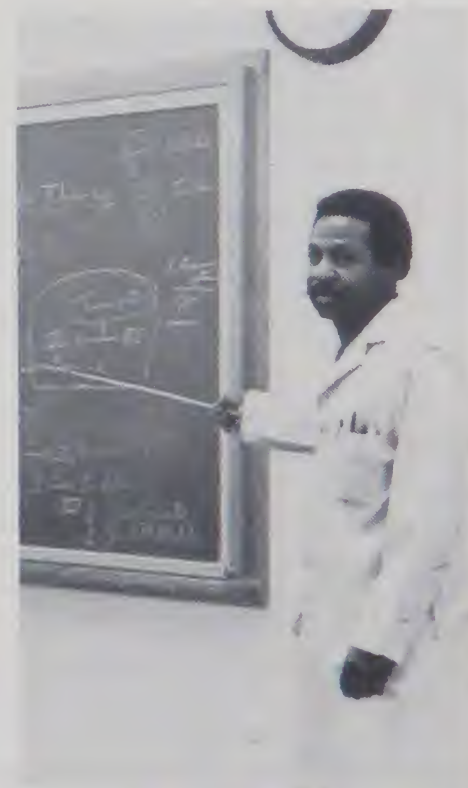


THE CHIEF AND THE ASSISTANT CHIEF of the Laboratory Service, Captains M. Borowsky and R. Poley, confer on a diagnosis.

tissue diagnosis (Frozen Section) which takes place while the patient is under anesthesia in the operating room.

HM-8412 Course

The Laboratory Assistant Technician (HM-8412) course was established to provide instruction in basic skills at an introductory level. The scope of the course includes instruction in hematology, urinalysis, bac-

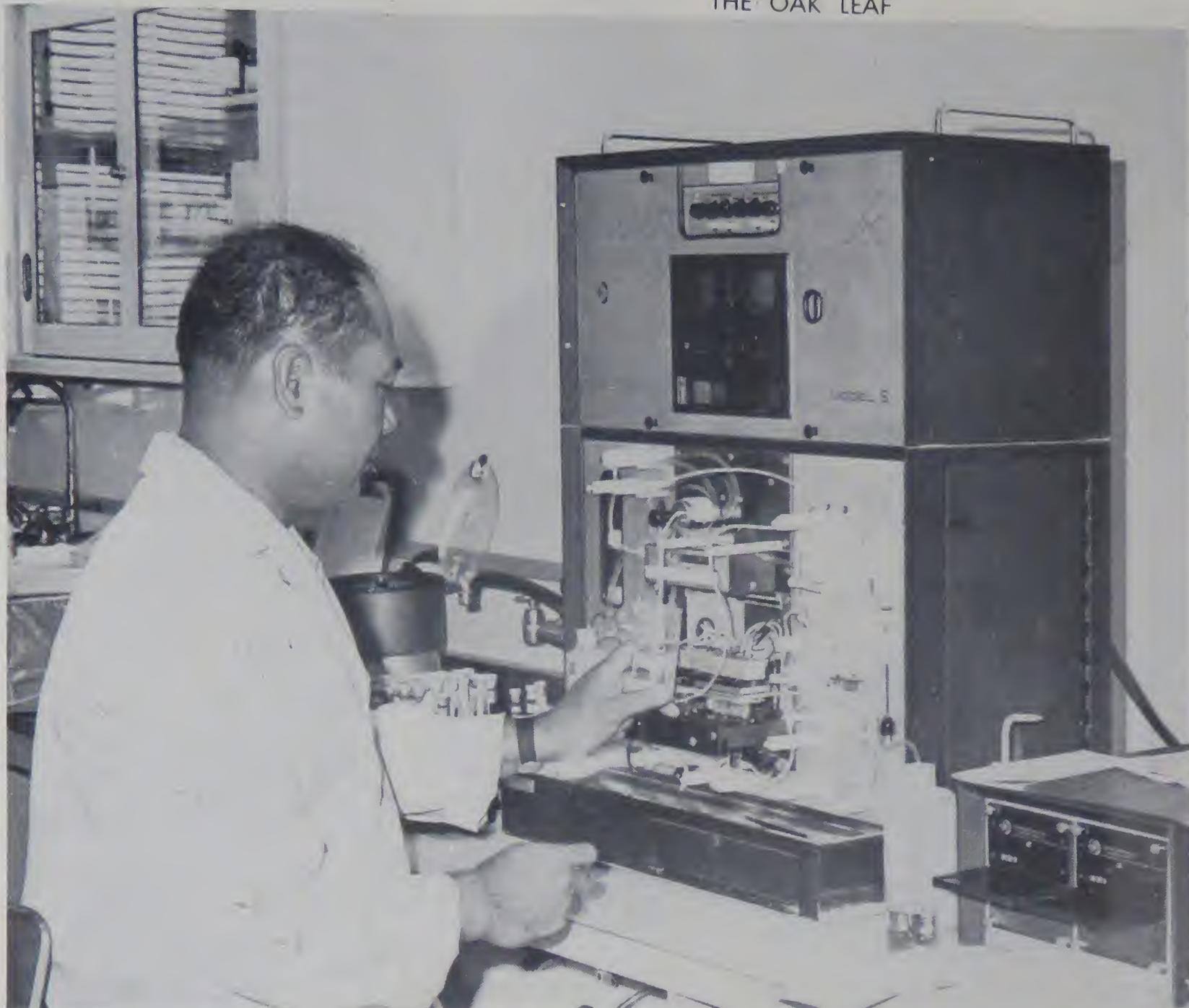


BLOOD COAGULATION THEORY is presented in the Lab School classroom by instructor HM1 S. Henderson.

teriology, serology, immunohematology and biochemistry.

Graduates of this course receive orders to hospitals, dispensaries, and selected sea and overseas shore billets where, under the supervision of a clinical laboratory technician, they utilize the knowledge and skills acquired. With continued effort, they

(Continued on page 6)



HMC E. BERNALL uses the Coulter S blood cell counter which is fully automated and capable of printing out seven parameters (WBC, RBC, hemoglobin, hematocrit, MCV, MCH and MCHC) in approximately 40 seconds.



HM3 F. SUTTERFIELD prepares a tissue section for a pathologist to evaluate.



HN J. WAHLMEIER (standing) and HN B. Erickson, students, are learning serology.

Lab Service

(Continued from page 5)

may advance up the laboratory training career ladder.

The present school classroom and laboratory is for 16 students per class. Classes are convened every seventh week. HMC C. F. R. Johnston and HM1 S. Henderson make up the school staff.

Naval Drug Screening Laboratory

The Naval Drug Screening Laboratory (NDSL) located in building 65-B, is one of 10 worldwide biochemical testing facilities dedicated to the systematic drug abuse testing program operated by the Department of Defense. Other naval laboratories in the system are located at San Diego, Portsmouth, Jacksonville and Great Lakes Naval Hospitals.

The mission of the NHO NDSL is to provide biochemical laboratory service for the United States Navy, Marine Corps, Army and Air Force facilities located in northern California. Biochemical testing of urine specimens is the acceptable screening method. Tests are sufficiently sensitive to identify with a reasonable degree of certainty those individuals who, at the time of testing, are excreting the drugs in question.

The DOD Drug Abuse Program has three major goals: a) to provide early identification of individuals who require treatment and rehabilitation; b) to develop improved data on prevalence rates of drug abuse by area and c) to provide deterrence for certain individuals. All members of the United States Army, Navy, Marine Corps and Air Force, 28 years of age and below on active duty for more than 30 days, will be subject to annual screening based on random selection. At the present time the drug testing service is limited to urine specimens submitted under the Drug Abuse Program

(Continued on page 7)

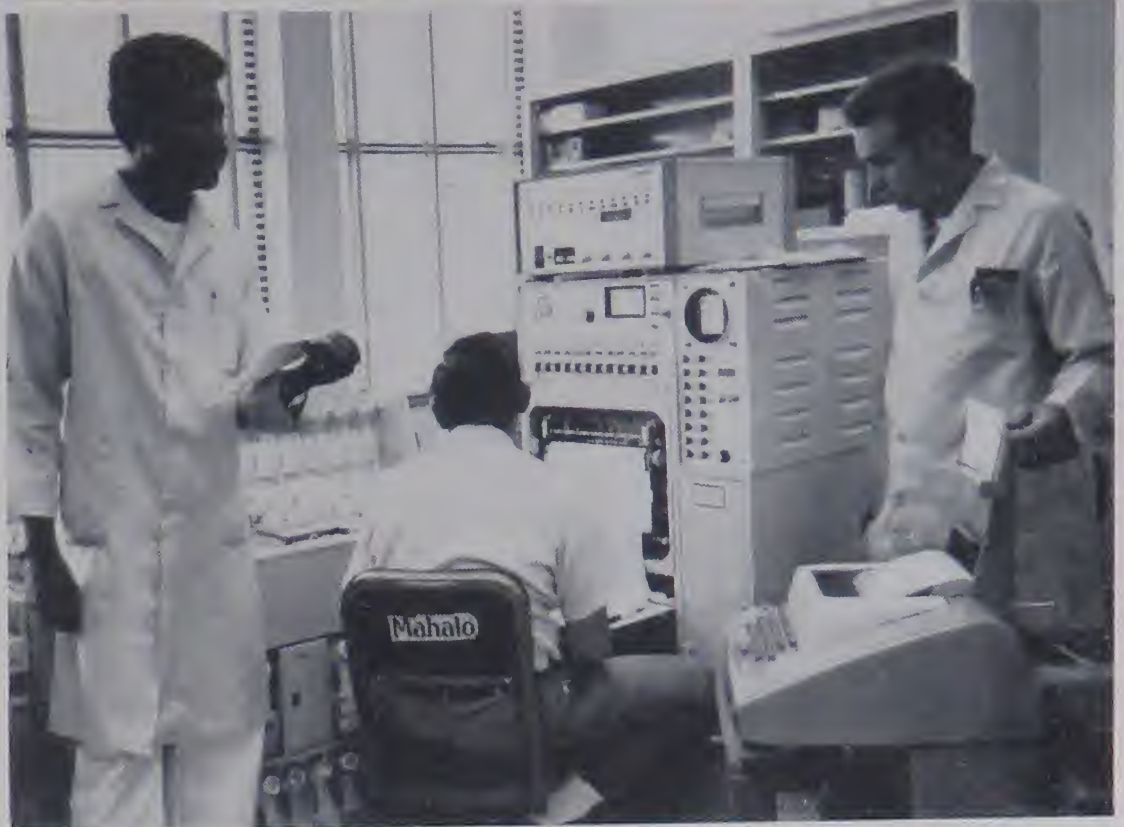


MR. N. WOEHMAN, Blood Bank technologist, is in the process of signing out two units of whole blood.

Friday, July 13, 1973



HM3 E. JOSEFA performs a pH determination while HM2 C. Hagberg (left) carries out an electrophoresis procedure.



HM3 E. PHILLIPS (left), Mr. H. Chow (seated) and HMC J. Terry oversee a blood chemistry screen of 12 procedures on the SMA 12/60.



HN E. KINDRED is shown in Bacti. New procedures, such as radioisotopic assays for blood cultures, are currently being instituted in the Bacteriology Lab.

Mussel Quarantine Issued

From May 1 to October 31, mussels along the Pacific Coast are under quarantine and must not be eaten. A plankton, commonly known as the "Red Tide" is expected to be in great abundance in mussel feeding areas this summer. The plankton contains one of the most potent neurotoxins known, belonging in the same class as strychnine. The poison is concentrated in the mussel and is stored in its digestive tract and muscle tissue.

Although there is an absolute restriction on mussels during the quarantine, clams caught along the coast may be eaten but only the white meat, as the dark meat is highly poisonous. Abalone and crab do not feed on plankton so there is no danger of shellfish poisoning from this seafood.

'Thank You'

Catches On

Following the Viet Nam cease-fire, citizens in Coles County, Illinois, in the heartland of America, decided to do something "loud and clear" to express their gratitude to the men and women who served their Nation during the long and difficult Viet Nam Conflict Era.

They decided to convey the one word, "Thanks" to every service man and woman they could reach in person, by phone, by mail, or through news and other media.

One of the organizers commented: "It's just a simple idea—the idea of saying, person to person, to veterans who did a job, 'Thank you.' I guess that's what made it spread and grow and, you know, there is a great healing and unifying effect in it. A pulling together of generations and countrymen."

(Continued from page 6)

and is not available for clinical studies.

Conceived in July 1971, NHO NDSL has processed over 200,000 individual urine specimens which represents approximately 2,200 gallons of urine, since February, 1972. The laboratory, staffed with 20 military and 14 civilians, has the capability of processing specimens assembly-line fashion at the rate of 5,000 per week. Currently, the laboratory is manned around the clock, seven days a week.

The laboratory procedures employed are highly sophisticated techniques not normally found in hospital laboratories. They include such techniques as thin layer chromatography (TLC), gas liquid chromatography (GLC), spectrophotofluorometry (PF) and free radical assay technique (FRAT). These techniques can detect drugs in urine at a concentration level of one part per million with a high degree of proficiency and a false negative rate of less than 10 per cent and a false positive rate of less than 0.5 per cent.

The laboratory participates in a weekly, worldwide quality control program administered by the Armed Forces Institute of Pathology in Washington, D.C.; it also conducts a rigorous, daily in-house quality control program.

Under the regionalization concept, each Dispensary in the Naval Regional Medical Center Oakland has a branch laboratory appropriate to support its patient load. Basic and emergency type tests are done routinely; less urgent tests are sent to the regional laboratory to obtain the benefits of large scale batching. A close relationship between branch laboratories and the main laboratory provide better training of personnel, greater utilization of equipment and a sharing of workload for better patient care.

That's our story. Remember, it's the Laboratory Service, and we strive to provide the best service possible. Communication must be our byword. Should you have a question or a problem, give us a call.

All Hands Take Note

All personnel planning to take the August 1973 examination for advancement are reminded that examination worksheets must be completed prior to July 25, 1973. For further information see HM2 Shoemaker or HN Conley, Education and Training Office, building 105. Or call extensions 2237 or 3085.

PET CLINIC SET

Pet vaccinations will be given in building 101 beginning at 9 a.m. on July 31, for pets belonging to military personnel and their dependents. Shots include rabies, feline distemper, canine distemper and boosters. Minimum age for rabies shots is 4 months, and for canine and feline distemper, 8 to 9 weeks and 9 to 10 weeks.

If there are questions, call the Regional Preventive Medicine Section, 639-2584.

SINGLE COPIES of "Genetic Counseling" are available free of charge from the Alameda County Chapter of the National Foundation, March of Dimes, by calling 836-2267.



DATA PROCESSING OPERATIONS speed the flow of all work for the Oakland Naval Regional Medical Center. Here Fred Perea, computer operator, feeds a roster of names into the machine. Mrs. June Adamic, keypunch operator, prepares to do some initial coding.

Movie Schedule

Friday, July 13
BAXTER—Scott Jacoby, Lynn Carlin—Comedy Drama (PG)
Saturday, July 14
LADY LIBERTY—Sophia Loren, William Devon—Drama (PG)
Sunday, July 15
SHAFT—Richard Roundtree, Moses Gunn—Melodrama (R)
Monday, July 16
MAN OF LA MANCHA—Peter O'Toole, Sophia Loren—Musical Drama (PG)
Tuesday, July 17
DEATH TAKES A HOLIDAY—Yvette Mimieux, Monte Markham—Suspense Drama (None)
Wednesday, July 18
PRIVATE PARTS—Ayn Ruymen, Lucille Benson—Horror Drama (R)
Thursday, July 19
CARRY ON DOCTOR—Frankie Howard, Sidney James—Comedy (PG)
Friday, July 20
NECROMANCY—Orson Welles, Pamela Franklin—Horror Drama (PG)
Saturday, July 21
FRENZY—Jon Finch, Barry Foster—Suspense Drama (R)

Sunday, July 22
ESCAPE FROM THE PLANET OF THE APES—Kim Hunter, Roddy McDowall—Science Fiction (G)
Monday, July 23
HIGH PLAINS DRIFTER—Clint Eastwood, Verna Bloom—Western (R)
Tuesday, July 24
BILLY JACK—Tom Laughlin, Delores Taylor—Western (PG)
Wednesday, July 25
LADY CAROLINE—Sarah Miles, John Finch—Historical Drama (PG)
Thursday, July 26
BLACK GUNN—Jim Brown, Martin Landau—Action Drama (R)
Friday, July 27
COTTER—Sherry Jackson, Rip Torn—Drama (None)



BORN AT
Naval Hospital Oakland on June 12, 1973, David Robert Provencher, 7 pound, 6 ounce son of Rachel and LT Robert Provencher. June 25, 1973, Kristina Nicole Horn, 9 pound, 5 1/2 ounce daughter of Joyce Elaine and ENS Larry S. Horn. June 26, 1973, Daniel Jason Fraioli, 7 pound, 4 ounce son of Donna Susan and LCDR Richard L. Fraioli. July 2, 1973, Dagne Cordero Rueda, 6 pound, 14 ounce daughter of Blanca and HM1 Jacob L. Rueda.

JUST ARRIVED

THE WAY TO REDUCE
"Zip your lip!"

Protect Yourself

Crime prevention is everybody's business and requires the attention of all grades. Those in uniform are often the victim of crime.

The following tips may save your life and your valuables.

- Purchase good quality locks to secure your valuables. It's false economy to secure a \$100 suit with a 98 cent lock. Replace the lock if you lose one of the keys that can open it.
- Keep a list of valuable items. Include the serial and manufacturer's numbers of such items as cameras, field glasses, watches, radios, tape recorders and similar items, along with the color and size of each item and any particular or unusual markings.
- Mark these items, where feasible in a way which will make them quickly identifiable by engraving, etching or scratching your name, social security account number or initials on them.
- Report strangers and suspicious activity in the barracks to the nearest authority. Be especially alert if the stranger is not wearing a name tag on his uniform.
- When traveling, stay in hotels or motels recognized as being reliable.
- Do not place your wallet, ring or watch on shower room shelves.
- If you should miss anything, make a thorough search of your area and, if the item is not found, report the loss immediately.
- Protect your money. Deposit your money in the bank, credit union or unit safe. Minimize cash on hand by allotment to a bank or buy money orders, traveler's checks or savings bonds.
- On an evening out, stay alert and avoid sharp operators and shady characters. Too many get "fleeced" in bars by questionable girls or in deals with strangers, especially when they brag about how much money they have or flash it around.
- Carry only enough cash on your person to meet your immediate needs. If additional money is required, use a checking account or traveler's checks or savings bonds.

No one really expects to become a victim of crime. It is always the other guy who gets it. But it could happen to anyone at anytime, including you!

SECURITY PERSONNEL in building 73c, ext 2401, have electric engravers and they will help you mark personal valuables. The time may come when you will be glad you took the time.

SAFETY CHECK
I know not to pour water on a grease fire. I keep salt or soda where I can reach it safely in case a grease fire gets started.

SAFETY CHECK
I know to keep combustibles away from hot light bulbs.

CHAMPUS Corner

Some Guidelines
On Care Told

CHAMPUS benefits under Basic Program are not available when the required services constitute domiciliary or custodial care. Domiciliary or custodial care is defined as that type of care designed essentially to assist the individual in meeting his active needs for daily living. These include services which constitute personal care such as help in walking, getting in or out of bed, assistance in bathing, dressing, feeding, preparation of special diets and supervision over medication which can usually be self-administered and which does not entail the requirement of continuing attention of trained medical or paramedical personnel.

WHO DAT?



WHO DAT?
HML Theodore Riddle
1966 Graduate NP Class # 12

Remember:
there are babes
in the woods.

And wildfires
fill their world
with smoke
and flame
and danger.
Please be careful!



advertising contributed for the public good



THE THINGS YOU SEE on the way to work! Humans and cars have a few things in common.

MAIL YOUR "The Oak Leaf" HOME

FROM:

Place Stamp Here

TO:



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 42

Friday, July 27, 1973

KRUEGER Chosen Sailor of the Year

In September, 1972, headlines in THE OAK LEAF proclaimed, "September's Sailor David L. Krueger Is Enthusiastic." We ran a full column about the young man, now serving as an instructor in Education and Training, but printed no picture.

Here is one, of DAVID L. KRUEGER, HM2, SAILOR OF THE YEAR no less!



The selection over a field of excellent candidates is another tribute to the fine qualities he possesses. Petty Officer Krueger continues to distinguish himself as an outstanding hospital corpsman and instructor.

Although he presently has some of his activities restricted by a broken leg received in a softball game, right now HM2 Krueger is enthusiastic—because the cast is about ready to be removed.

Other personnel considered for Sailor of the Year were:

HM2 Donald H. Butler, Detached; HM2 Samuel Tobias, Operating Services; YN2 Mary Nanna, Personnel; HM2 Frank Baumgartner, RAD; SM2 Robert Rhodes, Transferred; DT2 Vancio Bambico, Dental; HN Thomas P. Pajak, 9-W; HM3 Bobby Ring, Personnel.

CU Goes On Line

On the 17th of July your credit union converted to an on-line, real time data processing system. This means that as of July 17 transactions with the credit union are recorded instantly at the computer in our main office when the transaction is posted. Moving up to on-line data processing will give CU the equipment to keep up with the changes in the financial world. This big step is planned to better serve you, the member.

Use your Social Security number as your account number under the new on-line system.



IT HURTS ME TOO—Mrs. R. M. Carson assured her "Blackie" who got his shots at the first Animal Shot Clinic held at NHO.

If your pet is scheduled for his vaccinations, this is a reminder that they will be given in building 101, from 9 to 11 a.m., July 31. Call 639-2584 if there are questions.

SELECTEE OF THE MSC VISITS

The prospective Chief of the Medical Service Corps, CAPT A. J. Schwab, was honored at a luncheon at the Officers' Mess (Closed) on July 17. CAPT Schwab comes to his office after an illustrious 34 years of active service in the Navy. His career has run the gamut from enlisted man, warrant officer, administrative officer, to the Washington post that he will assume this fall.

On December 10, 1941, just 3 days after the attack on Pearl Harbor, the then young corpsman had his tour of duty involuntarily lengthened when he was captured on Guam and held prisoner until his release in 1945. Thereafter, the pace of his military career accelerated. He had various tours of duty on the East Coast and the West Coast. From the Monterey, Ca., Naval Postgraduate School he took his master's degree in management and graduated number one in his class. Continuing his studies at San Diego State University, and, while Chief of Patient Affairs at San Diego



Naval Hospital, he received a bachelor of arts degree in business, and graduated with high honors and distinction. CAPT Schwab's first Administration Officer assignment was at NHO.

The chief designate has a wife, Genevieve, and two daughters, Lynne and Sheri.

The visit to Naval Hospital was to "get reacquainted." At the luncheon, CAPT Schwab spoke on some challenges and expectations for the Medical Service Corps of the United States Navy. He will become the fifth Chief of the Medical Service Corps.

CU Gives Life Savings Insurance

As a credit union member you are eligible for a special bonus—savings insurance. This type of insurance is not available at other financial institutions. Subject to the terms of the policy and in the event of your death, your savings will be matched dollar for dollar up to a maximum of \$2,500 through life insurance provided by the credit union. For example, if you had \$2,500 in your account, it would remain there for your survivor plus another \$2,500 insurance payoff, for a total of \$5,000. This insurance is graded, based on attained age. Check with Peg Griffin, 568-4421 for details.

OAK KNOLL STILL DEER AREA



CAUGHT INVESTIGATING CLINICAL INVESTIGATION CENTER

—photo by Jo Spivey

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LTD D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives Armed Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

IMPASSABLE BARRIERS

I don't know whether or not you "gripe" about not "getting the breaks," but if you are the average person you do—gripe. It just seems natural to do so. You are a most unusual person if you never face what seems, in effect, to be an impassable barrier that stands between you and a desirable achievement. By the same token, if you have studied the lives of great men and women you also must have been encouraged when you discovered that every single one of them found not just one but many such barriers. Did they gripe about barriers??? I'm sure they did, but they went right on striving toward a solution.

Theodore (Teddy) Roosevelt, who was sickly and puny from childhood, had a prognosis that he would never grow into a strong man. Yet, he mastered every handicap and even became President of our United States. Helen Keller, blind and deaf since birth, accomplished great things—greater perhaps than you and I will ever do with our sight and hearing.

A faint heart never won anything, except an EKG. There is nothing better as a stimulant for sagging courage than to become acquainted with the lives of great men and women. Maybe—just maybe—courage will return.

LCDR ROBERT GROTHAUS, CHC, USNR

Blessings Go With You, Dr. Margaret



For 26 weeks, Mrs. Voraphan Pongpravit of the Royal Thailand Army has been known (for ease of pronunciation) around the OB & GYN Clinic and in the halls of this hospital as "Dr. Margaret." This one who comes from a traditional military family will continue her

medical observership at San Diego Naval Hospital for another 26 weeks. She is much impressed with new methods she has learned and the wealth of equipment at our facility.

Petite, gentle and having a sense of humor, Dr. Margaret has served her country in a sacrificial way; it has meant leaving her husband and two sons in her homeland. The sons are being cared for by her sister. Weekly telephone talks with them and the two visits which her entrepreneur husband has made to the area have served to ease the adjustment of the separation from family.

During her stay, Dr. Margaret has resided at the BOQ both here and at Treasure Island. At T.I. it has given her comfort to be nearer the water.

Luck Ain't Enuf!



Safe boating is no accident. Observe these safety rules: 1) Know your boat. 2) Don't overload. 3) Keep a good lookout. 4) Operate at safe speeds. 5) Respect the weather. 6) Take sufficient fuel. 7) Observe a strict "no smoking" when refueling; wipe up spills. 8) Never use gasoline fuel stoves or portable heaters on board. 9) Use your nose to snoop for gasoline vapors before starting. 10) Carry bucket with lanyard. 11) Carry necessary equipment, including fire extinguisher, strategically placed. 12) Keep your boat in shape. 13) Secure your boat properly. 14) Obey the law.

EXEC-LINE



★ Some officer and enlisted personnel have made comments concerning their failure to get stylish haircuts at Naval Hospital, Oakland, barber shops. At Naval Air Station, Miramar, Ca., the Navy Exchange offers styling service and razor cuts at reasonable prices in their barber shop, and the Navy Exchange trains the barbers; four styling chairs are available at all times. I wonder if NHO could offer this service.

At one time NHO hired a men's stylist, and the demand here was not a paying proposition for him. The Navy Exchange Manager is sympathetic toward the desires of customers and is again looking into the matter. Some patrons may not be aware that Mr. Robert Gonzales at the Beauty Shop in building 38 does men's stylings by appointment. At NAS Alameda there is a barber who does hair styling and razor cuts. Every attempt will be made to hire a stylist for NH Oakland's barber shops, but since specialists command a high salary, it is rather difficult to meet their financial desires.

Travel Benefits May Be Yours

Every Navy man and woman serving on active duty is entitled to 30 days paid vacation each year. What does that mean to you, the individual? It means a chance to get away from the rigors of hard work and spend some time visiting the more exotic places on the globe.

The adage, "Join the Navy and see the world," still holds true today.

Active duty Navy personnel may fly at no cost on MAC flights for either domestic or overseas flights. Accommodations for personnel are provided on a space-available basis, with priority going to personnel on emergency leave status. Dependents, when accompanied by a military sponsor, may also use MAC flights. A dependent may fly unaccompanied when an emergency has been verified by the Red Cross or overseas commander. To take MAC flights, active duty personnel need only sign up in person for the flight he or she wishes to take, then appear in uniform on the appropriate date.

About two hours before flight time, air terminal personnel will be notified as to the number of seats available on a MAC flight. They then will call out the names of persons from a manifest until all the seats on the plane are filled. Flights to the Pacific originate from Travis AFB, California; to Europe and the Atlantic from McGuire AFB, New Jersey; and to the Caribbean from the Charleston AFB, South Carolina.

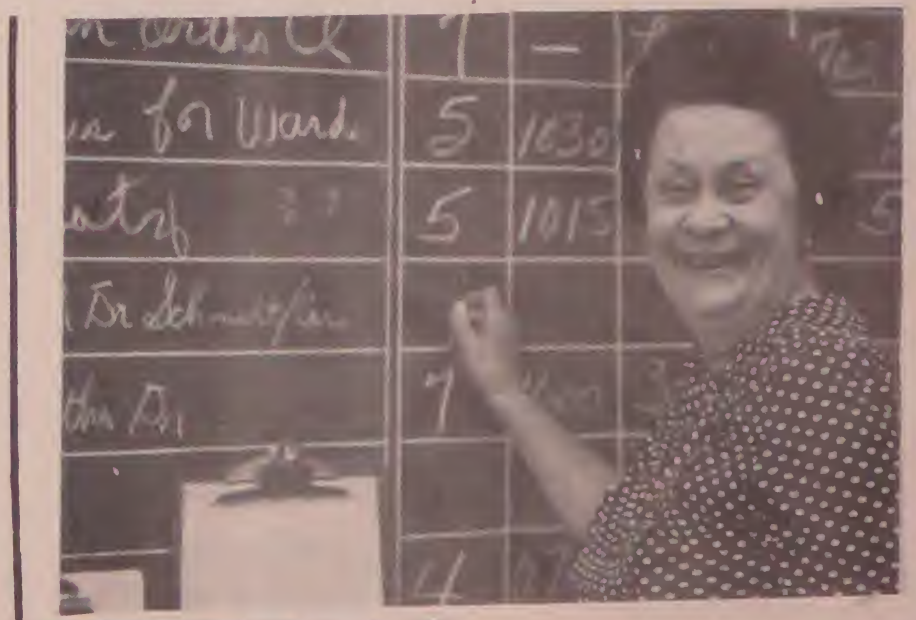
When traveling overseas, remember you can visit any country or place outside the United States that isn't listed in Bupers Instruction 1050.11. To visit those countries listed, approval must be granted by the Chief of Naval Personnel. In most countries, the Armed Forces Identification Card is sufficient identification, but visas can be obtained from the embassy or consulate of the country you wish to visit.

THE SHORT SHEET

The Navy Is People—People Are Involved in Pollution Abatement

The Navy has gone one step beyond Federal anti-pollution efforts by organizing a team of experts to visit bases and make suggestions for improving the environment. The team includes a sanitary engineer, public health officer, and qualified people in the areas of base housing, land usage, soil and water conservation and fish and wildlife conservation.

The Navy is doing its part.



When boating season starts, consumers should have a copy of the Official U.S. Coast Guard Recreational Boating Guide on board as a reference. It is available from Consumer Product Information for only 60 cents.

PUBLIC WORKS TRANSPORTATION DISPATCHER
Nancy Russell helps keep 67 vehicles rolling, dispatching nine drivers an average of about 1,100 miles daily.

Welcome Our Interns, Lieutenants . . .



A. H. Alexander
Northwestern Univ.



R. L. Allen
Univ. of Rochester



D. L. Bliss
Louisiana State Univ.



G. K. Booth
Georgetown Univ.



S. E. Christen
Indiana Univ.



L. A. Coleman
Univ. of Kentucky



J. G. Ewing
Univ. of Nebraska



G. M. Grunert
Baylor Univ.



D. P. Harrell
Univ. of Texas



J. R. Hemric
Bowman Gray



J. R. Howard, Jr.
Kirkville College



H. L. Kennedy
Louisiana State Univ.



K. R. Koskella
Washington Univ., St. Louis



G. R. Kusie
Louisiana State Univ.



R. E. Lucas
Univ. of Pennsylvania



S. V. Mace
Univ. of Maryland



J. O. Martin, Jr.
Tulane Univ.



B. R. Myers, III
Emory University



L. M. Nill
St. Louis Univ.



T. E. O'Donnell
Univ. of Calif., Irvine



R. H. Rodriguez, II
Emory Univ.



W. A. Rolniak
Univ. of Arkansas



K. H. Stage
Univ. of Oregon



Q. L. VanMeter
Medical College of Virginia



L. A. Widman
Univ. of Washington

Residents in General Dentistry



R. E. Woodruff
Univ. of Wisconsin



M. D. Johnson
Univ. of Washington



R. B. Mead
Loma Linda Univ.



N. W. Newby
Univ. of Oregon



T. S. Smith
U.C.L.A.



G. J. Tarquinio
Univ. of Pittsburgh

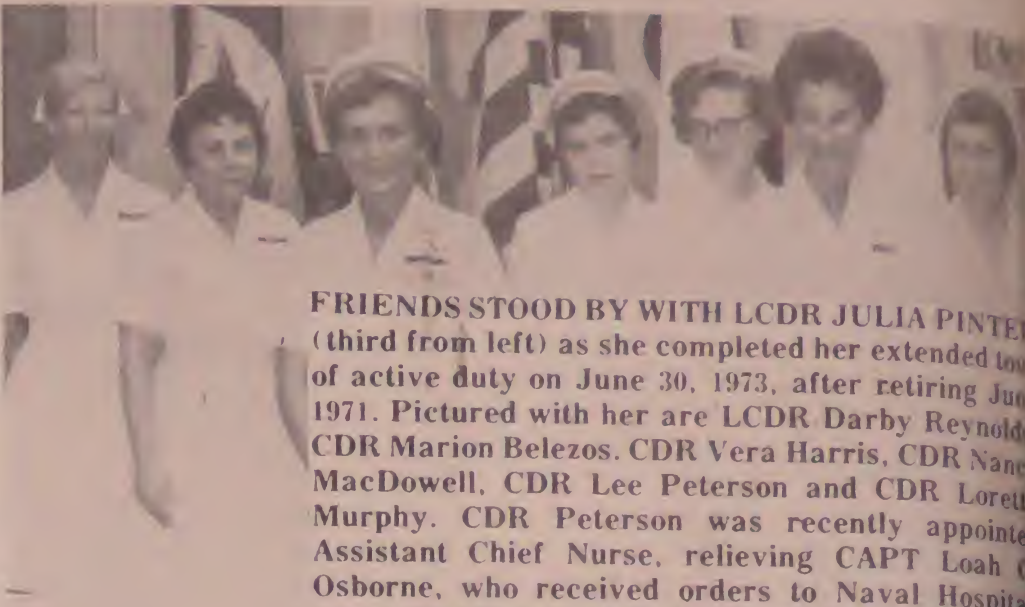
Who's Been Doing What . . .



LCDR Lovell H. Kallen,
with his wife



LT John C. Martin, DC, USN



FRIENDS STOOD BY WITH LCDR JULIA PINTER (third from left) as she completed her extended tour of active duty on June 30, 1973, after retiring June 1971. Pictured with her are LCDR Darby Reynolds, CDR Marion Belezos, CDR Vera Harris, CDR Nancy MacDowell, CDR Lee Peterson and CDR Loretta Murphy. CDR Peterson was recently appointed Assistant Chief Nurse, relieving CAPT Loah C. Osborne, who received orders to Naval Hospital, Camp Pendleton, as Chief, Nursing Service.

Augmenting



LT Paul F. Stannard, DC, USN



LT Philip E. Genet, DC, USN

New Shoulder Boards . . . for Many!



To Lieutenant Commander



LCDR Kent L. Taylor



LCDR Jonathan Herschler



John Francis Howard



Keith E. McReynolds

Residency Certificates



LCDR Victor M. Dalfarno



LCDR Richard S. Rose



Mark M. Sapirstein



Jeanne M. Richards



LCDR Richard P. Buedingen

PERSONAL APPEAR-
ANCE and conduct of the Navy
man and woman are limited by
specific guidelines commonly
characterized by the phrase
". . . that would reflect great
credit upon oneself and the
Navy." To maintain this
favorable image, both at home
and abroad, the individual
cooperation of each man and
woman in the Navy uniform is
required.



Donald K. Westbie,
with his wife



Eugene T. Santucci

Who's Been Doing What . . .

HM3 Bobby Joe Ring Is Sailor of Month

It took less than 6 months on his job in the Enlisted Military Personnel Office for Hospital Corpsman Third Class Bobby Joe Ring to



tinguish himself as an outstanding administrative corpsman. He performed tasks normally assigned to senior personnel with greater experience. As the Transfer Clerk for all school personnel, he handled a myriad of complex duties, always persevering to a final "Mission Accomplished."

Petty Officer Ring came here from Indiana about a year and a half ago; he likes golf and basketball. He has a wife and 9-month-old daughter (Teresa and Jennifer). At the moment, HM3 Ring doubts that he will stay in the Navy after completing his tour of duty. He is thinking of returning to college to become a mechanical technician.

He has earned for himself so far most deserved "Well Done."

Born at . . .

Naval Hospital, July 12, 1973, Kimberly Anne Boddicker, 7 pound, 10 ounce daughter of Kathleen Anne and LT James Boddicker on July 13, 1973, Sarah Carson Gilbert, 6 pound 9 ounce daughter of Ruth and LT Walter L. Gilbert

One way to prepare for a safe season on the nation's waterways is to take The Skipper's Course, published by the U.S. Coast Guard and the Department of Transportation. Copies are available for \$1.50 from Consumer Product Information, Pueblo, Colorado 81009.



HMI ENRIQUE C. RESULTAN, JR., received a Letter of Appreciation for helping reduce patient waiting time in all radiology departments.



CLINICAL LABORATORY ASSISTANT SCHOOL CLASS 7307—First row: HM3 Sharon E. Williams, HM2 Roselee C. Hymel, HM2 Cablay Bonifacio. Second row: HN Johnny R. Shipes, HN Michal D. Harlow, HN Clint R. Horn, HA Ernesto B. Mina.



Jay S. Cox, with his son



Verlyne W. Daniels, with his wife

To Captain

BELIEVE IT OR NOT, the peak period for fatal accident rates on the nation's highways occurs early on Saturday and Sunday mornings. The fatality rate of the interstate system is only half that of the nation's other roads.



FOUR CIVILIAN DENTAL TECHNICIANS receive on-the-job training certificates under a cooperative arrangement between Dental Service and the Contra Costa County Work Incentive (WIN) Human Resources Development Training (one year) Program. They are Delores Huggins, Shiela Probert, Barbara Torres and Darla Bennett.

To Commander



James W. Winebright

FROM THE TIME one enters boot camp, this term "conduct" becomes an important word in the vocabulary of every Navy man and woman. In its simplest form, conduct means behavior, and in the Navy, only "good" behavior is acceptable; it is an absolute must.



RETIREMENT TIME to HMI Bobby L. Crone means helping his friends help themselves to his happy sendoff. He will be in the Fleet Reserve, but a portion of his "retirement" time will be spent working as an automotive mechanic in the Bay Area. HMI Crone completed his automotive training under the Navy Transition Program.

TODAY'S MODERN NAVY allows great latitude in dress and grooming standards, both of which have been updated to coincide with the standards of society at large. It is the individual's responsibility, however, not to misinterpret nor purposely extend or ignore the guidelines.

Sports Shorts

MEN'S AND WOMEN'S BADMINTON TOURNAMENT

This event will be held at the Naval Air Station, Alameda gymnasium, at 7 p.m. on August 28 to 30.

The first four place winners in the singles competition will qualify for the West Coast Badminton Championships to be held September 10 to 14 at Naval Air Station, Miramar, Ca.

12ND 14.1 CONTINUOUS POCKET BILLIARDS CHAMPIONSHIPS

This event will be held August 24 and 25 at the Hunters Point Naval Shipyard, building 508, San Francisco, starting at 7 p.m.

The tournament will be a double elimination and 50 points will constitute a game. Each command may enter four men. Entry deadline is August 20.

The champion and runner-up will qualify for the West Coast Billiards Championships to be held September 17 to 21 at Naval Air Station, Lemoore, Ca.

INTRAMURAL 7-MAN FOOTBALL SEASON

The 1973 seven-man flag football season is tentatively scheduled to start September 3.

League days will be Mondays through Thursdays (Fridays if necessary).

A mandatory meeting of all teams will be held at 4:30 p.m., Thursday, August 30, at the football field. All rules and pertinent information will be discussed at this meeting. Entry blanks are available at Special Services or the Main Dining Room, building 500.

For details concerning all sports events, phone Ron Brown, ext. 2350.

SORRY, SORRY

Dick Stanley's (of NP) name did not appear along with names of others who brought home the 12ND Slow Pitch Softball Championship. Sorry, Dick.

Mystery Man?

Not Kissinger



NP student Robert Carson 15 years ago. Now an NP instructor at NHO.

Civilian Mother Receives Praise of Navy Son

Mrs. Willie M. Ford, who is presently working in the Housekeeping Branch of the Regional Operating Services Department (and who has been with Naval Hospital Oakland for 23 years), has received word of a distinction bestowed on her son Lossie.

SA Lossie Ford, Jr., received the company Outstanding Recruit Award and a letter of commendation was presented to him at the Captain's Meritorious Mast, Naval Training Center, San Diego. Congratulations to both mother and son.

Fire Supervisor Selected

Mr. Al Constantine is NHO's new fire fighting supervisor. He hopes to bring administrative cohesion to a very important branch of Operating Services.



He brings to the job 25 years of experience with the municipal fire department of Berkeley and 4½ years with the federal government. He comes to us from Hunters Point.

Mr. Constantine is making plans to observe National Fire Prevention Week in October, "but creating ongoing fire hazard awareness is the most important thing," Mr. Constantine stresses. He would ask a few questions of each individual.

Is your cigarette dangerously near the edge of the tray, or did you put it on the desk edge—just for a moment? Are the electrical circuits overloaded with four or five plug ins? Do you know where the fire extinguisher is on your floor, and do you have at least two exits located in case of fire?

That is the fire awareness with which Mr. Constantine would like to indoctrinate all.

ON YOUR SUMMER vacation don't try to beat bad traffic conditions. Try to live with them.

BUSCH GARDENS in the Los Angeles area is a 23-acre family entertainment center, easy to find at 16000 Roscoe Blvd., Van Nuys. For \$2.25, adults, and \$1.25, children, a day of fun can be yours if you pick up discount tickets at Special Services.

CHAMPUS Corner

COUNSELORS DETERMINE VALUE

CHAMPUS Advisors and Health Benefits Counselors are especially important to the CHAMPUS beneficiary and sponsor when they provide current information on benefits not authorized under the Civilian Health and Medical Program of the Uniformed Services.

Acupuncture, Infra-Code and colonic irrigations are techniques that cannot be approved under CHAMPUS. Infra-Code is a training program for the deaf.

Acupuncture and Infra-Code techniques are currently undergoing scientific evaluation and have not yet been accepted by the medical community.

Colonic irrigation is not an authorized procedure under CHAMPUS since there is no evidence of its therapeutic value and it may even be harmful or dangerous in some instances.

Beneficiaries can avoid paying non-reimbursable charges by consulting with counselors and advisors before seeking health care which is not authorized under current CHAMPUS regulations.

Movie Schedule

Friday, July 27
COTTER—Sherry Jackson, Rip Torn—Drama (N/A)

Saturday, July 28
THE MAGNIFICENT SEVEN RIDE—Lee Van Cleef, Stefame Powers—Western (PG)

Sunday, July 29
THE STATUE—David Niven, Virna Lisi—Comedy (R)

Monday, July 30
TRAVELS WITH MY AUNT—Maggie Smith, Alec McCowen—Comedy Adventure (PG)

Tuesday, July 31
A GUNFIGHT—Kirk Douglas, Johnny Cash—Western (PG)

Wednesday, August 1
THE NELSON AFFAIR—Glenda Jackson, Peter Finch—Historical Drama (PG)

Thursday, August 2
SAVAGE MESSIAH—Scott Antony, Dorothy Tulin—Drama (R)

Friday, August 3
THE BOY WHO CRIED WEREWOLF—Kerwin Mathews, Elaine Divry—Drama (PG)

Saturday, August 4
THE DEAD ARE ALIVE—Samantha Eggar, Alex Cord—Suspense Mystery (R)

Sunday, August 5
THE ITALIAN JOB—Michael Caine, Noel Coward—Drama (G)

Monday, August 6
SLITHER—James Caan, Sally Kellerman—Suspense Comedy (PG)

Tuesday, August 7
THE CANDIDATE—Robert Redford, Melvyn Douglas—Drama (PG)

Wednesday, August 8
COMPANEROS—Franco Nero, Fernando Rey—Action Drama (PG)

Thursday, August 9
DEATH OF A JEW—Akim Tamiroff, Assaf Dyan—Drama (PG)

Friday, August 10
COUNTESS DRACULA—Ingrid Pitt, Nigel Green—Horror (PG)

Credit Union Earns T-H-A for '73

The National Credit Union Administration has announced that the Alameda Coast Guard Federal Credit Union has earned the Thrift Honor Award again this year.



Tennis Lessons Offered

Sponsored by the Officers' Wives' Club, former Iowa State Champion and winner of numerous tournaments, Lois Bradford, is providing instruction for a fourth set of tennis lessons on hospital tennis courts beginning August 6 and continuing through September 7.

Mrs. Bradford, wife of LT John Bradford, MSC, USNR, had 8½ years' experience as a tennis professional. She has coached several top Iowa junior players. She will be instructing classes weekly for 5 weeks hospital military and dependent personnel.

For information and sign up for the next series of lessons, please call activities chairman, Karen Bartee, at 569-2021 no later than August 3. Fees are nominal and lessons are given on a first-come basis.

Hail & Farewell

ENLISTED REPORTING

From Naval Hospital Corps School, Great Lakes, Ill., HNs Thomas Tucker and Arthur Mundy.

From USS NIAGARA FALLS (AFS-1), Charles Blue.

From Naval Hospital Corps School, San Diego, HN Charles Boyd and HAs James Wissing, Thomas Weltsch, Jerry Donald Caciappo, Joel Gist and Robert Johnston.

From Naval Dental Center, Naval Station San Diego, DA Allen Campbell.

ENLISTED DETACHED

To Field Medical Service School, Pendleton, CA., HN Steve Conley.

To USS ENTERPRISE (CVAN-65), Anthony Melecovsky.

Released to Inactive Duty in USNR, Richard Bachman and Steven Crafton. Dan Hawman, Carlos Esquivel, Frank Baumgartner, Michael Brush and Modest Bazan. HN Eddie Kindred, Jr.

HOUSING INFO NEEDED

The Housing Office is making an appeal to those of you being detached to provide the Housing Referral Office with information regarding the house/apartment you are vacating so that these properties can be made available to newly reporting personnel in accordance with OPNAVINST 11101.20, all newly assigned personnel are required to report to the Housing Referral Office prior to negotiating any agreement for base housing. Call 639-2309 or



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 43

Friday, August 10, 1973

Board of Regents Plan For a Military University of The Health Sciences



HON. RICHARD WILBUR, MD

MR. DAVID PACKARD, CHAIRMAN

By the fall of 1974 the Armed Services hopes to have established a University of the Health Sciences. Young men and women across the nation may have the opportunity to receive 4 years of training as a medical student in exchange for 7 years of active duty as a medical officer — it could be a mutually beneficial arrangement.

The Board of Regents of the Uniformed Services University of the Health Sciences and officials from the Office of the Assistant Secretary of Defense and officers from the Army, Navy and Air Force, meeting here in July, announced progress on plans for establishment of a military university for the purpose of training personnel in the various health sciences.

Naval Hospital, Oakland, and the Regional Medical Center was the site of 3 days of planning by some 22 dignitaries who met to establish overall goals for such a medical university. A guideline for the planning sessions encompassed requirements looking toward future accreditation according to definitions outlined by the Council on Medical Education, American Medical Association and the Association of American Medical Colleges.

Members of the Board of Regents were appointed by the President. Mr. David Packard, Chairman, and The Honorable

Richard Wilbur, M.D., were the principal spokesmen for the group. A press conference was held on Friday, July 27, at the Oakland Hilton Inn to inform the media of the urgent need for the medical school.

The Chairman explained there exists an urgent need in the Armed Services to make more concrete provisions toward the assumption of responsibility for developing a core of health service personnel.

(Approximately 34 per cent of our doctors and nurses leave the service every year; only about 25 per cent choose to remain in the government service following their tour of duty. Yet 29 million of our population have been part of the military; their health care and that of their dependents are the continuing responsibility of government.)

With educational costs in all disciplines ever increasing, the requirements for the medical talent lends special feasibility to the need for a plan which will attract more bright young men — many who could not afford the extensive training otherwise — into a government-sponsored program whereby, for the first time, the Armed Services can train their own doctors, dentists and others in the related health sciences.

Across the country, at various

(Continued on Page 2)

New Master Chief Petty Officer Named to Medical Department

Master Chief Hospital Corpsman Horace S. Anderson is the new Master Chief Petty Officer of the Navy Medical Department. He relieved HMCM Robert J. Swartout who recently retired from the naval service.

A veteran of over 25 years of naval service, Master Chief Anderson has served in a broad range of assignments ashore and afloat during his career.

Prior to his selection by the Surgeon General to be the new MC-POC, Master Chief Anderson was Senior Enlisted Advisor to the Commanding Officer of the Naval Regional Medical Clinic in Washington, D.C. He was selected from among ten Master Chief Hospital Corpsmen and Master Chief Dental Technicians who were recommended for the post by a selection committee at the Bureau of Medicine and Surgery who evaluated the service records and careers of every E-9 in the Medical Department.

In his introductory message, MCPOC H. S. Anderson said, "... Working together, I feel that we can make the Medical



Department a more closely knit organization by the utilization of the readily available, but seldom used, 'tool' communications. If full benefit is to be derived from the communications tool, it must be an open channel with information flowing smoothly both up and down the Chain of Command with no 'short stops' along the line. I intend to make every effort to insure that pertinent information is introduced into our communication system at the Bureau level. "

All Aboard



Maybe you have been wondering why the cafeteria and waiting rooms seem more crowded on Wednesdays.

Each Wednesday two or three buses, carrying 30 or 40 patients each, depart about 8 a.m. from NAS Alameda. Patients are flown in from NAS Lemoore and NAS Fallon (Nevada) to keep appointments with doctors at NH Oakland. Patients who do not require hospitalization are then returned to their home facility around 4 or 5 p.m.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka.

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

THE SEARCH FOR HAPPINESS

Earlier this year Fordham University offered a course on Satan. When registration day came, the class filled up in seventeen minutes. An event such as this says much about the preoccupations of people today, especially students.

We are heirs to the wisdom of the ages and to the largest explosion of knowledge the world has ever known. What is more, we have more time than any previous generation to study and savor these insights and experiences. But, curiously, many find their lives devoid of meaning. There is a sense of desolation which may mark this year as the one that lost contact with a sense of purpose or meaning.

So-called theologians write about the death of God. People drift in and out of new and exotic religious and quasi-religious movements. What are they looking for? The peace and comfort derived from once-held beliefs which seem to have vanished into illusions? A sense of security from values or practices they no longer accept?

One thing is sure: people today in our western industrialized society are searching for something which either they don't have or which keeps slipping from their grasps. Many have discarded the old ways but nothing satisfying has been found to replace the old ways. Thus many find themselves with all the insecurities of people in transit. They have left the "faith of their fathers" but haven't arrived at the so-called "promised" land.

Disorientation and a sense of loss seem to be, in a sense, a consequence of the drive for material or financial success. When people are poor, they feel life will be meaningful if only they can acquire basic food and shelter. When that goal is achieved and the hoped-for happiness turns out to be a mirage, they relentlessly pursue wealth. Sadly, the quest never ends. Inevitably, disillusion comes. This is where many find themselves today. As Aquinas said, they are not interested in a future, possible, difficult good (eternal happiness) but in what is immediate, actual and easy (transitory happiness). Perhaps Augustine was right when he wrote in his Confessions, "Thou hast made us for Thyself, O Lord, and our hearts will never rest until they rest in Thee."

LCDR James C. Clif, CHC, USNR

Health Sciences

(Continued from Page 1)

state universities and medical schools, students presently are in training at government expense under a similar program. They receive college expenses plus about \$400 a month as a living stipend. But too few are in the program and they stay in too short a time. It is projected that the new university would accept the students as Ensigns or 2nd Lieutenants; dependent allowances and other military benefits would be paid. Approximately 11 years of the physician's life would become devoted to the government service, and the Regents believe, "If the military can't sell him in seven years (the pay-back time) then they don't deserve to keep him."

Although no building site has yet been selected by the committee, HR-2 specifies that the first location will be within 25 miles of the Washington, D.C., area. That area offers a great wealth of supporting clinical facilities, which are requisite for a good medical school.

Under present planning, the beginning class would likely be about 300 students; many people already in the Armed Services would serve as the faculty. There is the possibility that the school might be set up as a 6-year program. Many other areas of uncertainty still exist, even as to total costs. Fifteen million dollars is projected for getting the program underway, but the members of the Board of Regents are presently working on an appropriated budget of less than \$2



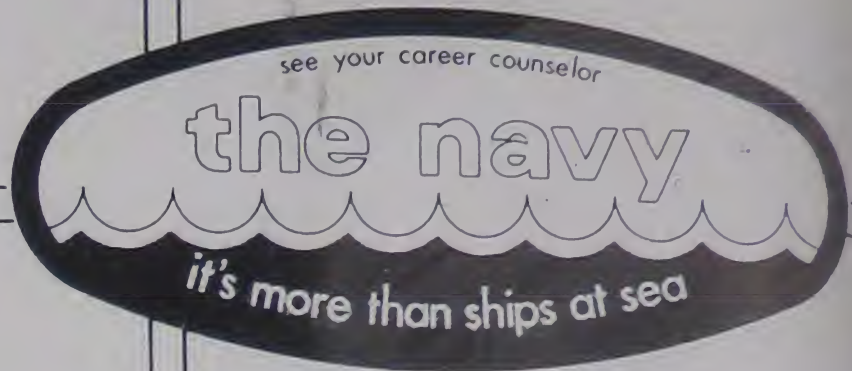
CHAPLAINS E. K. MURRAY, L. W. Rushing and A. R. Treibel hold certificates awarded to them for completing a quarter of clinical pastoral training in a cooperative program involving NHO and the VA Hospital, Martinez.

THE DIFFERENCE between an obstacle and an opportunity is just your attitude toward it.

Nostalgic Remembrance It is Jose Iturbi



WHEN JOSE ITURBI played at NHO in January, 1946, THE OAK LEAF caption read "Magic from Bach to Boogie and Bach to Boogie Again." Then the query, "Jose, can you play with your eyes closed?"



Building 105, ext 2237 or 3085

HMC O'Connor or HMI French

"... AND SEE THE WORLD"

It is no accident that most of the world's really interesting cities are seaports—places such as New York and San Francisco, Amsterdam and Copenhagen, Athens and Barcelona, Hong Kong and Singapore. They are exciting not because of their size, but because they reflect the tastes and experiences of people who have traveled the world.

Ask any sailor—it's always a special moment when a ship passes under the Golden Gate Bridge, or through the Straits of Gibraltar into the Mediterranean.

Overseas duty offers the Navy family a once-in-a-lifetime chance to really get to know another country and its people. It can be shore duty at one of the many Navy activities around the world, or a rewarding tour of sea duty with a unit homeported overseas. Already ships, squadrons and staffs are homeported in such diverse locations as Japan, Italy, Spain and the Middle East. The number of units homeported overseas is being increased, with benefits for both the Navy and the individual sailor. For the Navy, it means ships are closer to their regular operating areas. For the crew, it offers an opportunity to enjoy greater family life while serving on sea duty. Six-to eight-month family separations are reduced to the two- or three-week at-sea periods of most ships.

By the end of this year, the Navy plans to have ships homeported in

million. That sum is expected to be adequate for the work of the next year only — the planning stage. The earliest date possible for establishment of the medical school would be the fall of 1974.

At the moment Naval Hospital Oakland has served merely as a convenient meeting locale for the planning discussions, but any program in the basic medical sciences has to provide the continuum for sequential learning experiences. To that end, Naval Hospital over the years has helped many interns and residents find their professional identity. Our hospital has always been a graduate training hospital which has carried on a program of advanced medical education (as well as Class C schools for a variety of technicians' rating schools). It is altogether possible that some day in our intern-residency programs we may be training the Navy's own.

a number of overseas areas, including: the western Pacific, with units based at Yokosuka, Japan and Subic Bay, Philippines; the middle Pacific, where Hawaii and Guam are the major homeports; the eastern Atlantic, with units operating at Rota, Spain and Holy Loch, Scotland; Bahrain, in the Persian Gulf, homeport of the Middle East Force flagship; the Mediterranean, with ships at Gaeta and Naples, Italy. Now a destroyer squadron is scheduled to be homeported at Athens, Greece in the eastern Mediterranean.

At all of these homeports the Navy family has an opportunity to travel extensively and visit neighboring countries. A Navy family stationed in the Mediterranean can use their weekends and annual leave to see more of Europe than any tourist could ever hope to, and at a fraction of the cost. In the Far East, they can explore Japan, Hong Kong, the Philippines, Singapore, and even venture down under to Australia and New Zealand. How about the Middle East Force? From its homeport on the island of Bahrain in the Persian Gulf, it's within easy distance of India, Iran, Kuwait, east Africa and other parts of the world even Navy men rarely get a chance to see.

Wherever you and your family would like to go, chances are the Navy can help you get there. Talk it over with your Career Counselor. He can help you find out why for nearly 200 years men have joined the Navy and seen the world.

VA Resurrects Oldtime Radio

Network radio's golden age will be summoned back on "Here's To Veterans" by the more than 3,000 stations which carry the show nationwide. The Veterans Administration announced an intent to mark the program's 27th birthday by including four radio shows of 1946-48 vintage in each 13-week series it produces.

Immortal radio favorites like Fibber McGee and Molly, The Great Gildersleeve, Burns & Allen, Abbott and Costello, Jack Benny, and other greats from the "Here's to Veterans" archives will be featured.

Radio station KEST (1450 AM), San Francisco 94103, will send schedules of airing time of the program upon receipt of a self-addressed, stamped envelope.

Medical Service . . . at Your Service

Located on the 8th and 9th floors of Naval Hospital, Oakland, are four medical wards which contain 132 beds. These wards and their staffs are dedicated to the branch of medicine which deals with the diagnosis and treatment of dysfunctions and diseases of the internal organs and the total body. An intensive care unit of 16 beds and a coronary care unit of four beds, fully equipped, are also located in the middle of the Medical Service on the 9th floor. These units are staffed with specially trained nurses and other paramedical personnel. Acute medical care cases go directly to this central care unit. The Medical Service's responsibility for patient care also includes about 40,000 patients evaluated in the medical outpatient clinics each year. The Medical Service has an additional important mission which is the postgraduate training of interns and residents in Internal Medicine and its subspecialties. Approximately 24 trainees are assigned to the Medical Service at any given time.

Each medical ward is staffed by one board certified or board eligible internist who frequently has subspecialty training. One first-year resident and two interns are assigned to each ward. Teaching rounds are conducted routinely. Associated staff physicians with subspecialty backgrounds also regularly make additional teaching rounds on the wards apart from the working rounds of the regular staff physicians. The entire staff of the Medical Service is in close availability for consultation.

Each morning the Chief of the Medical Service, CAPT G. E. Gorsuch, MC, USN, reviews all admissions and critical cases with the ward staff officers and duty resident. A watch turnover conference for discussion and review of problems is held each afternoon with the entire ward staff, the Chief of the Medical Service and other staff specialists.

Staff physicians with a background of two or more years of additional training in medical subspecialties supervise the various clinics which are within the Medical Service.

Active clinics include the Medical Walk-in Clinic, the Internal Medicine Clinic, Allergy Clinic, Endocrinology Clinic, Pulmonary and Infectious Disease Clinic, Hematology Clinic, Oncology Clinic, Gastroenterology Clinic and Medical Endoscopy Clinic.

The Medical Service points with pride to its training programs. The trainees are provided with a maximum of varied patient exposure, supervision, counseling, consultation and teaching over a flexible 2, 3 or 4 year period.

In the 1972 certifying examinations of the American Board of Internal Medicine, the mean grades of the residents from the Naval Hospital,

(Continued on Page 4)



CAPT G. GORSUCH, Chief of Medical Service, pauses to be photographed before continuing his telephonic conversation.



LT K. WAGNER PRESENTS AN EKG interpretation to CAPT R. Proulx, Head of Cardiology



LCDR ROBERT BONDURANT examines chest films in the Pulmonary Disease Branch.



LT D. HANDKE AND LCDR A. KISELSTEIN follow LT J. Laird's arrhythmia interpretation on a Coronary Care Unit monitor



LCDR R. LUROS checks on test results during a consultation.



HN PHIL WADE helps adjust the mouthpiece on Patient Bernard Santamoor in performing pulmonary function tests in the Cardiopulmonary Laboratory.



LT M. SOUTHERLAND, HM3 D. LAFLAMME AND HA S. WEAVER are kept busy in the Medical Intensive Care Unit (MICU).

(Continued from Page 3)

Oakland, program, ranked them—in comparison to similar grades from the 270 programs in the United States—at 32nd in clinical skills, 64th in medical subspecialties and 55th overall, in the nation. The present pass rate of residents from the program is 87+ per cent.

In sponsorship with the Clinical Investigation Center, a two-year fellowship is offered in Endocrinology and Metabolism. Requests for the establishment of fellowship programs in Nephrology, Hematology and Gastroenterology are under review in the Bureau of Medicine and Surgery.

Civilian attending consultants and consultant lecturers are outstanding physicians and scientists from the faculty staffs of the University of California Medical School, San Francisco; University of California Medical School at Davis; Stanford University School of Medicine, Palo Alto; Pacific Medical Center, San Francisco; Mount Zion Medical Center, San Francisco. As appropriate, the Medical Service has multiple excellent consultants in every medical subspecialty and many of these are nationally or internationally renown.

To better know the units, clinics and specialties, meet the staff for the summer of 1973:

STAFF PHYSICIANS

- *CAPT G. Gorsuch, Chief of the Medical Service, Cardiovascular Disease (F.A.C.P.)
- CAPT J. Davis, Assistant Chief of the Medical Service, Endocrine Metabolism
- CAPT R. Proulx, Head, Cardiology
- *CAPT W. Cassidy, Pulmonary Disease
- *CDR J. Wallin, Head, Nephrology and Chief CIC
- *CDR F. Johnson, Pulmonary Disease
- *CDR C. Kardinal, Head, Hematology
- *CDR G. Roling, Head, Gastroenterology
- *CDR W. Karney, Infectious Disease
- CDR O. Bruton, Cardiology
- *CDR J. Winebright, Nuclear Medicine
- LCDR R. Luros, Gastroenterology
- *LCDR G. Rupp, Head, Allergy
- *LCDR D. Danahy, Cardiology
- *LCDR S. Lewis, Endocrinology and Metabolism
- *LCDR L. Tierney, Rheumatology
- *LCDR R. Horner, Hematology
- LCDR A. Kiselstein, Cardiology
- *LT R. Lang, Endocrinology and Metabolism
- *LT M. Kelly, Nephrology
- *LCDR W. Pressgrove, Gastroenterology

Fellows in Endocrinology are as follows. Senior, *LCDR M. Hogan; Junior, Lcdr D. Westbie.

The senior third year residents are: LCDRs N. Hoyer, R. Johnston and S. Thompson.

Second year residents are: LCDRs L. Culp, D. Kemp, C. Lane and LTs T. O'Neill and K. Wagner.

First year residents are: LTs D. Handke, D. Matsenbaugh, E. Reynolds and J. Verkleeren.

Interns for July: LTs D. Bliss, G. Booth, J. Hemric, J. Martin, T. O'Donnell, B. Myers, R. Rodriguez, W. Rolniak, H. Stage and L. Widman.

*Indicates Board Certified.



CAPT JOHN DAVIS, Assistant Chief of the Medical Service, keeps Secretary Mary Takai busy with dictation.



MRS. A. BUCKLER AND HN DEBRA FOX log patient Edith Carr into the Internal Medical Clinic.



LCDR R. HORNER, LT W. ROLNIAK, ENS S. WOODRUFF, LT K. STAGE, LCDR A. KISELSTEIN, LCDR S. BOARDMAN consult in the MICU.



CDR CARL KARDINAL runs a coagulation test in the special Hematology Laboratory, Internal Medicine Service.



CDR GERALD ROLING performs an esophageal manometry in the Gastro Intestinal Laboratory Annex.



CDR FRANCIS JOHNSON examines the light source for his bronchoscope in the Cardiopulmonary Laboratory.



HM2 MARK BULVALA is assisted by HN James Schmidt in doing a gastric analysis on patient Michael Wade in the Gastro Intestinal Laboratory.

Also Medical Service



HN C. TROTTER HANDLES CALLS while HM3 V. Sklover, HN S. Cook and HA M. Calderwood of Cardiology take a short coffee break (the pot was empty).

Three Reenlist



HMC Bobby G. Williams (PMT student, with his wife, Carole) HM3 "A" Robert Schuette (Transferred to Naval Reserve Center, Fargo, N.D.)

HM3 Karen Walters (NAS Alameda Dispensary)

Veterans Ask

Q—If I go to school full time under the G.I. Bill can I work in my spare time and still receive my monthly educational allowance?

A—There is no restriction that prevents you from working while attending school full time, nor does it affect your monthly entitlement.

Q—Can you tell me how much the Veterans Administration has to pay for those television advertisements and radio spots we hear?

A—VA pays nothing as these are public service announcements donated by the media in the interest of keeping veterans informed of their benefits under the G.I. Bill.

Q—My son is a recent veteran and is addicted to drugs. He claims that he wants to kick the habit. Can the VA help him?

A—If your son will visit the nearest Veterans Administration hospital or outpatient clinic he will receive assistance. If none is near him, telephone the nearest VA office to find out where he can receive this assistance.



BORN AT
Naval Hospital on July 26, 1973, Diadese Omolajo Simpson, 7 pound, 9 ounce son of Debra and HN Roderick W. Simpson on July 27, 1973, Rachael Monet Adams, 8 pound, 1 ounce daughter of Pauletta and HM3 Leslie G. Adams Robert Daniel Harris, III, 5 pound, 11 ounce son of Suzanne and HM3 Robert D. Harris, Jr



SOME 67 MEDICAL OFFICERS, aboard NHO from July 9 to 20, took a tour of the U.S.S. ENTERPRISE. The indoctrinees were permitted to take their spouses on board for a look at what a "home at sea" might be like.



Who's Been Doing What . . .

Five Promoted to LCDR



John Gregory Szal

William David Stallone



David M. Kouns

Roberta M. Graham, NC

Robert F. Grothaus

One Promoted to CAPT



Vernon L. Goller

It's Your Life Picnic With Care

To guard against food poisoning, follow this advice:

—Be sure that all foods that need refrigeration are kept cold until eaten.

—Do not serve hot creamed or scalloped dishes, especially those using milk, eggs, flour, or starch, unless they are made just before picnic time and kept hot until served.

—If you use ham, egg, chicken, or other meat salad sandwiches, don't make them in advance. Take along the bread and the mixture under refrigeration and make sandwiches at the picnic.

—Never, NEVER prepare, transport, or store beverages or food in galvanized containers! Acid action on zinc results in an end product that frequently causes gastro-intestinal upsets of varying severity.

Follow these tips and you will have safer picnics this summer.

Three Good Conduct Awards are Earned



DT3 Patricia Harmon

HMC Leo Therrien

HM2 Jerry Monasmith

Two Receive Residency Certificates



James D. Woods



George I. Paskewitz

Two to Fleet Reserve



HMC John P. Ables

HMC Bayani T. Ison

APPROXIMATELY 80 per cent of people who drown while boating, according to Accident Facts, did not use life-saving devices, yet 65 per cent had them available in the boat.

Sports Shorts

SPECIAL 1973 Slow Pitch

Umpires have challenged the CPO Team to play. The CPOs responded favorably with a strong yes. Both teams have agreed to play on Wednesday, August 15, at 5 p.m. All are invited to come down and witness what may turn out to be one of the highlights of this very successful 1973 season. (There is a case of beer at stake.)

Remember the date.

Wednesday, August 15—5 p.m.

UMPIRES vs CPOs

FINAL STANDINGS

Intramural Standings July 31

Slow-Pitch Softball

Teams	Wins	Losses	Pct.
Food Service	12	1	.923
EENT	11	2	.833
OR	10	3	.769
7-South	9	4	.692
Ortho	8	5	.615
Radiology	7	6	.583
Toxicology	7	6	.583
NP	6	7	.462
CIC	6	7	.462
PT-OT	6	7	.462
MSC	3	10	.231
Surgery	3	10	.231
Lab	2	11	.154
CPO	1	12	.077

Qualified for Playoffs.

Playoff results to Thursday, August 9:

Food Service defeated 7-South (17 to 3)

EENT defeated OR (9 to 4)

Finals of playoffs Thursday, August 9, 1973, results will be in next edition.

Are You A Smoker?

It is becoming increasingly apparent that a nonsmoker who must be present in the traditional "smoke-filled room," characteristic of many conferences and social gatherings, has an exposure to tobacco by-products quite similar to the exposure of the smoker. There is some evidence that this "smoking environment" extends even into the home where children may have a sufficient exposure to influence their cardiovascular system and add years of exposure to their smoking history, even before they actually smoke themselves.

Hail & Farewell

ENLISTED REPORTING:

From Nav Sta Treasure Island, San Francisco, SM1 Ronald Wright; From USS RANGER (CVA-61), HMCN Charles Axworthy; From Naval Hospital Corps School, San Diego, HAs John Olusczak, David Burkett, Duane Mattes, William Parris and Joseph Abramowitz; HNs Daniel Hughes and Thomas Dalton; HM2 William Ruiz; From Naval Med Training Institute NMMC, Bethesda, Md., HM3s Mary Delong and Joel Harmon; From USS MIDWAY (CVA-41), DN Timothy Heinrich; From USS SAN JOSE (AFS-7), MM3 Ruben Manalo.

DETACHED TO:

Nav Res Cen, Fargo, N.D., HM3 "A" Schuette.

RELEASED TO INACTIVE DUTY IN USNR:

HM2s David Ekaireb and John Hicks, III; DT2 Vancio Bambico; HM3s Lawrence Propp, Finis Sutterfield, Ralph Landaburu and Vernon Peterson; HM2s John Fisher, Raymond Redd and Dennis Keane.

TRANSFERRED TO FLEET RESERVE:

HMC John Ables; HM1 Bobby Crone.

Raised Frame And Tire Intermix Spell Danger

By CAPT DERRICK A. CURTIS,
USAF

One of the most popular car modifications today involves raising the rear end suspension. This creates an extremely dangerous situation by exposing an otherwise well protected gas tank. Minor rear end collisions have resulted in fatalities as a result of the fire caused by this exposed tank. In addition the center of gravity and roll center is also shifted and can cause serious changes in handling characteristics.

One modification usually made with the intent to increase safety, has often caused additional hazards. Some drivers have decided to add radial tires to their automobiles. This modification is recommended only if all tires are changed simultaneously. A hazardous situation is created when conventional tires are intermixed with radials.

A driver should carefully examine the risks involved before making any changes to the design of his automobile.

CHAMPUS Corner

CORRECT PAPERWORK SPEEDS CLAIMS

The Deductible:

- It applies to the CHAMPUS outpatient program only.
- It is an initial amount the Uniformed Services family is responsible for each fiscal year. The family settles its obligation for this initial care directly with the provider of services.
- It amounts to \$50 when one member of the family has received care.
- It amounts to \$100 when two or more members of the family have received care.

The Deductible Certificate:

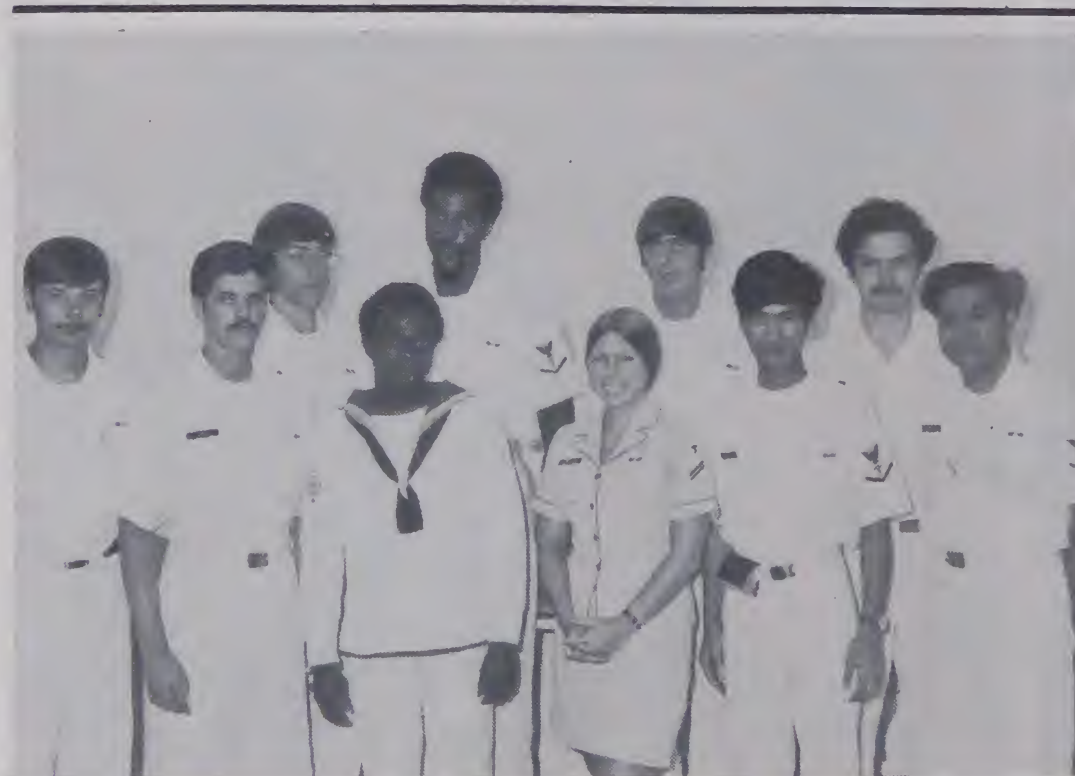
- It verifies that the deductible has been met.
- It should be presented to doctors and other providers of care to show them that the deductible has been met and that they can, therefore, submit claims for the Government's share of charges directly to the fiscal administrator.

To Obtain the Certificate:

- Accumulate itemized bills or receipts until they equal or exceed \$50 for one patient or \$100 for the family.
- Complete the first 13 items of the claim form, using a separate form for each family member receiving care.
- Submit the bills or receipts and the claim form to the fiscal administrator.

Remember:

- The fiscal year is from July 1 through the following June 30, and an expense is incurred on the date the service is received.
- A physician's bill or receipt must show the patient's name, diagnosis or nature of illness or injury, the care or service provided, the date of care and the charges.
- Drug bills must show the name of the pharmacy, name of the patient, prescription number, date filled and the charges. In the case of insulin, no prescription is required, but the bill must show "insulin."
- The fiscal administrator will reimburse the beneficiary the appropriate amount for any reasonable charges for authorized care that exceeds the deductible.



LABORATORY ASSISTANT GRADUATING CLASS 7308

GRADUATING ON JULY 13, 1973, were (1st row) HAs Dayton L. Naugle and Thomas M. Vigil, MA1 Bolaji N. Johnson of the Nigerian Navy, HA Gail D. Cast, HM3s Wilfredo M. Delrosario and Eriberto Bulalacao (2nd row) HA James E. Wahlmeier, HM3 Victor M. Brooks, HAs Brian W. Erickson and Joseph C. Woody.

THE SHORT SHEET

The DOD Takes a Stand on Age Criteria Differences of Sexes

The Department of Defense announced support of H.R. 3418, the proposed legislation to eliminate enlistment age criteria differences between men and women in the Services.

New Secretary of Defense Makes Statement on Rebuilding of National Purpose

James R. Schlesinger, sworn in as the 12th Secretary of Defense, declared his goal. "I regard it as an obligation to attempt to help rebuild public confidence in this Department, its people and its part in the Nation's overall national security system. The American people must honor the dedication of the men and women who devote themselves to national purposes . . ."

Navy Store Shoppers Save 24½ Per Cent

Shoppers can save an average of 24½ per cent by buying in Navy Exchanges instead of at civilian stores, a Navy Resale Systems Office survey shows. Navy Air Stations Moffett and Miramar, Ca., were the nearest exchanges taking part in the survey.

Movie Schedule

Monday, August 13

SHOWDOWN—Dean Martin, Rock Hudson—Western (PG)

Tuesday, August 14

THE PUBLIC EYE—Mia Farrow, Topher Cui—Romantic Comedy (G)

Wednesday, August 15

INNOCENT BYSTANDERS—Stanley Baker, Geraldine Chaplin—Spy Thriller (PG)

Thursday, August 16

PAYDAY—Rip Torn, Ahna Capri—Drama (R)

Friday, August 17

THEATER OF BLOOD—Vincent Price, Dana Rigg—Horror Comedy (R)

Saturday, August 18

MONTE WALSH—Lee Marvin, Jeanne Moreau—Western (PG)

Sunday, August 19

MIDNIGHT COWBOY—Dustin Hoffman, Cyndi Lauper—Drama (R)

Monday, August 20

EAGLES OVER LONDON—Evelyn Stewart, Francisco Rabal—Action Drama (PG)

Tuesday, August 21

CONQUEST OF THE PLANET OF THE APES—Roddy McDowall, Ricardo Montalban—Fiction (PG)

Wednesday, August 22

THE POSSESSION OF JOEL DELANEY—Shirley MacLaine, Perry King—Horror Drama (R)

Thursday, August 23

LAST OF THE RED HOT LOVERS—Alan Arkin, Sally Kellerman—Comedy (PG)

Friday, August 24

SISTERS—Margot Kidder, Jennifer Salt—Murder Mystery (R)





The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 44

Friday, August 24, 1973

Three-way + + +

Eight Benny Sugg Awards Tallied

Seven beneficial suggestion awards have been made and one is yet to be made at Naval Hospital Oakland. The brainwork did not come from one service, but several, which might prove that "The brain has corridors surpassing Material place." (Charles Dickens)

The awards are three-way pluses because they benefit the authors — in a monetary way — and our medical center, and stand a chance of being helpful to all federal government. Some ideas will be reviewed by higher boards.

MISS FUSAE OBATA of Radiology Service submitted a suggestion for programming routine studies on tape, resulting in an annual savings of \$1119. She received \$105 for her suggestion.

MR. GUS MATALAS, of Public Works' Transportation Branch, suggested that a stake truck be converted to a closed, covered-

MR. RICHARD SILVA of Public Works' Refrigeration and Air-conditioning Shop presented a suggestion for the removal of excessive condensate water from floor fans, which will save about 100 man-hours a year. His suggestion earned him \$50.

MR. OZZIE BOGGS, of Public Works' Paint Shop, made the suggestion that placement areas for fire control devices be painted a different color than the walls, which would make the devices easier to locate in case of an emergency. He received \$25 for his suggestion.

MR. CARL CHERRY, another Public Works, Refrigeration and Air-conditioning Shop employee, suggested a method for checking Honeywell pneumatic controls, sensors and so forth, resulting in a savings of approximately \$4360 per year. His suggestion earned him \$270.



WINNER OF A BENNY SUGG AWARD—Miss Fusae Obata is congratulated by CAPT Miguel Nieves, Jr., Chief of the Regional Radiology Department. Her suggestion will be forwarded to the Chief, Bureau of Medicine and Surgery, for additional consideration.

mittee is ever ready to evaluate beneficial suggestions. One may suggest a change in the way things are done, propose a new method or suggest a new application for an old idea. The committee points out that merely criticizing a shortcoming without providing an answer is not a suggestion. Sometimes a relatively simple application of a procedure can be a Benny Winner.

If you do have an idea for improving quality or methods; for combining operations or procedures; for eliminating duplication or waste; for devising new processes or new tools; or for saving manpower, material, money, time or space, submit your suggestion to Shirley Cober of the Civilian Personnel Division.

Suggestions forms (Form NAVSO 12450'8) are on hand.



GUS MATALAS and CARL C. CHERRY receive congratulations from LCDR David Fluharty, Public Works Officer.

body vehicle so that large loads of supplies could be delivered to various dispensaries in any kind of weather, and at a considerable savings over the purchase of a newer, heavy duty truck to perform the same service. He received \$25 for his suggestion.

MRS. FLORENCE SELLARS, of Patient Affairs' Medical Data Branch suggested an improvement on the cataloging of undictated charts, which resulted in approximately \$2188 savings. The suggestion garnered \$160 for her.

MRS. MARIA KELLY, of Data Processing Division, suggested cataloging of several hundred mailing addresses on cards for processing on computer-produced mailing labels. This idea added \$40 to Mrs. Kelly's credit ledger.

HM2 GARY BURKHART-SMEIER, of the Clinical Investigation Center, has come forth with a potentially patentable idea.

When the award is presented, The Oak Leaf will report on that suggestion.

The Incentive Awards Com-



MRS. FLORENCE SELLARS accepts check presented by LTJG L. S. Watts.

(More Beneficial Suggestion pictures on page 3)

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LTD D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + CHAPLAIN'S CORNER + +

THE HERITAGE OF FAITH

Patrick Henry wrote in his will: "I have now disposed of all my property to my family; there is one thing more I wish I could give them, and that is the Christian religion. If they had this, and I had not given them one shilling, they would be rich; but if they had not that, and I had given them the world, they would be poor."

We often fail to realize how important our religious faith has been in the formation of the values which we cherish as a nation, and for which we are asked to be willing to give our lives if necessary. We are proud of "the American way" and deeply shocked by the implications of the Watergate scandal that the issues of right and wrong can become so easily confused within our system of government. Let us remember that the principles upon which our nation is built and for which we live and die are derived in large part from the fact that devout religious men forged our government and constitution.

Each one of us is called on to contribute to our national life in this generation. We do not know yet what will be demanded of us by way of hardship and sacrifice as we make this contribution. But we can know that by every act of our life we are building upon, or detracting from, the foundation of our national heritage. Religious faith is a very definite part of that heritage. Let each one ask himself whether he is doing his best to strengthen the heritage of faith. The years spent in naval service can be good years or bad ones, both for ourselves and the nation which we love. Do not make the mistake of departing from the faith which has nurtured our people, for in so doing you weaken its influence at home and its witness throughout the world.

CAPT John E. Thompson, CHC, USNR

THE SHORT SHEET

Admiral Thomas H. Moorer Expresses Appreciation to Navy Personnel

"Upon the termination of the longest and in many respects the most difficult period of combat in our nation's history, I give you my personal salute for a job well done . . . you have performed superbly; your spirit and elan have remained steadfast throughout; . . . but our tasks remain. In coming months we must make every effort to account for those still missing in action, while we prepare ourselves for the future."

Navy Goes Back to 9-week Boot Camp

Longer boot camp training is designed to give fleet orientation training, teach military customs and courtesies, general demeanor, discipline, naval traditions and seapower. The Hicks subcommittee recommended the lengthened recruit training to correct some apparent breakdowns in military discipline which created a potential threat to scheduled operations.

GI Home Loans Being Processed Again

The President ordered interest on GI loans to be set at 7¾ per cent, a level the VA believes will encourage lenders to loan mortgage money to GI buyers.

Disabled Retirees Qualified for Clothing Allowances

Annual clothing allowances are authorized under Public Law 92-328 for service-disabled veterans whose prosthetic or orthopedic devices tend to wear out or tear clothing. About 8500 military retirees have eligibility, but annual claims must be filed for the benefits because the VA does not maintain current records on retirees electing military retirement pay in lieu of VA compensation.

2500 Officers Are Sought for Insurance Refund

The Armed Forces Relief and Benefit Association is trying to track down more than 2500 members as their share of the organization's annual refund. Members of the AFRBA who have not received their refund checks should write the Armed Forces Relief and Benefit Association, 1156 15 Street NW, Washington, D.C. 20005.

Tucker and May Are Recognized

A Letter of Appreciation to Hospitalman Thomas C. Tucker who, in today's Navy, where many young men have considerable difficulty adjusting to the loss of some of their personal freedom and the work demands placed on them, demonstrated a remarkable ability to meet the challenges with admirable ease and grace.

A Letter of Appreciation goes to Petty Officer Second Class Stephen William May who, when the drug unit was changed to an open psychiatric ward, contributed immensely in assisting the staff to reorient themselves to the change, and who showed outstanding ability to communicate effectively with all staff members, reflecting understanding of his role as coordinator and leader in ward activities.

EXEC-LINE

* My question is, Sir, are short hair wigs authorized at this Command?

The President of the Uniform Board, Washington, D.C., was contacted in securing an answer to your question. He stated that wigs of any type cannot be worn with the military uniform except to cover disfigurations or baldness.



It Begins In The Home

America is faced with an increasing shortage of power and, in an effort to curb it, a number of energy experts have suggested ways in which the average family can help.

—Turn off air conditioning in morning; turn on again in afternoon after returning from work.

—Keep air conditioner filters clean.

—Avoid using washers or dryers from 2-6 p.m. as this is the peak period for energy consumption.

—Heater pilot lights should be turned off during summer months.

—Don't leave outside lights on unless in unsafe area.

—Avoid using power tools during peak demand period.

—Set air conditioner thermostat no lower than 78 degrees.

—Shut down air conditioner when going on a trip.

—Don't leave windows or door open when air conditioner is on.

—Turn off lights in rooms not being used.

—Don't use excessive pre-heating time on small electrical appliances.

—Opening and closing refrigerator door not only wastes cold air, but also makes defrostings more numerous.

—Time dryers for only the period needed to dry clothes. Excessive periods of heat reduce clothing life.

—Conserve hot water by using warm or cold water instead of hot where possible.

—Repair all leaks immediately. Shut off water faucets and valves tightly to eliminate drips.

—Don't use your toilet as a trash disposer. Each time you flush a facial tissue or cigarette butt, you use five to seven gallons of water.

—Don't leave the garden hose running.

In Memoriam



ADM ARTHUR W. RADFORD

Former Chairman Joint Chiefs of Staff. One who fought the successful WWII campaign to retain a Naval Air Force. Buried Tuesday, August 21, 1973, Arlington National Cemetery.

MEDLINE Service Is Valuable Aid

Certain health professionals of the states of Arizona, California, Hawaii and Nevada are eligible to use the Pacific Southwest Regional Medical Library Service called MEDLINE. MEDLINE (MEDLARS On-line) is an on-line bibliographic searching capability giving rapid access to medical literature printed since January 1, 1970.

Mrs. Jane C. O'Sullivan, Medical Librarian, (415) 639-2070, has further details on availability and use of the PSRML service.

Smoke Is Deadly as Flame

Forget the nonsense you may have heard for years about crawling along the floor where "the air is coolest" in a building on fire.

It's cooler, all right, but it's also deadly. Tests show that in the early stages of a fire, which is the only time you'll be alive in one, the gases of combustion rise to the ceiling while the gases of distillation sink to the floor. Hydrogen sulfide, far more lethal than carbon monoxide, is one of the latter that may be waiting for you down there. And since only a snake can make any time on its belly, your best bet in a burning building is to crouch low and move fast, not crawl, to the nearest exit.

Who's Been Doing What . . .

Civilian Approach Marks Change For RADM Irons



It didn't feel at all the same, RADM E. P. Irons, MC, USN-RET, indicated as he sat behind the same desk—this time in civilian clothes—that he vacated in June 1969 after serving as Commanding Officer from October 1967. Although the Admiral turned Admiral Faucett's name plate over, took the same chair behind the "biggest desk I ever sat behind," and tried to relax and be a civilian, 31 years in the Navy was

just too much time for it to be possible for him to lean back, drop his shoulders and forget past training.

RADM Irons now serves as Assistant Director, Public Health and Welfare, International Development Corporation. He admits to missing the full esprit de corps that wearing the uniform brings to a position.

The past commanding officer noted many changes that have taken place at NHO during his absence. New barracks, more parking lots, officers' homes. But he commented on one area where the hospital has held steady. "People still speak of this hospital as one of the finest in patient treatment and one of the finest duty stations of any in their experience." He said he knows of persons in the Far East who made specific requests to be sent here for health care services.

Admiral Irons asked that appreciation be expressed for the gracious treatment he and his wife, two sons and a daughter have received while guests here. His sons, students in the California system, will remain for schooling in the states when he returns to Saigon with his wife and daughter.



Mr. Richard Silva



Mr. Ozzie L. Boggs

More Beneficial Suggestion Award Winners



MOVED INTO BUILDING 73B — Mr. Woodrow Robarge, Personnel Director of the Regional Civilian Personnel Department, and Mrs. Hazel Harlow offer up thanks and shouts of rejoicing over their roomy and freshly painted new quarters. The new location is on the incline behind Security and in the same building complex as the Bank of America.



'One More Time!' OR MEMBER IS SAILOR OF THE MONTH

The scuttlebutt is that the officers had a gambling good time right here at NHO or at the big Las Vegas Night Party of August 11.

The ole' gambling table cry of "Just one more time!" brought home the greenery for Dr. and Mrs. Bruce Blome, who were the high bidders (play money) for the complimentary weekend trip to the Frontier Casino of Las Vegas. (No dates are yet set for that excursion.)

Las Vegas Night was one of the first get-togethers of officers at play since the arrival of our new interns. The chuck wagon, with its barbecue, hot dogs, corn-on-the-cob and other mouth-watering tasties drew a bit of attention away from the blackjack and crap tables during the evening.

CDR William Gill, Chairman of the Officer Entertainment Committee, announces that the next event is scheduled for Wednesday, October 3. It will be a wine tasting and dinner at the Paul Masson Wineries, Saratoga. "We're expecting a good turn out for that one," he said.



Hospital Corpsman Second Class Lawrence E. Cornwell, III, is Sailor of the Month for July.

Larry's duties vested him with responsibility as Senior Corpsman over 56 corpsmen assigned to the Operating Room. His leadership required patience, flexibility, devotion and maturity in dealing with the diverse and talented crew.

Larry is a chess buff and has played in the tournaments at the Presidio. He has taken part in the tennis tournaments here at NHO, and is somewhat an all-around sportsman, liking biking, hiking, fishing and the outdoors.

Next month Larry's enlistment ends and with his wife, Carol, he will enter Central Washington State University at Ellensburg, Washington. He will be in pre-med, and Carol will complete hours for her teaching certificate.

REDWOOD CITY MARINE WORLD DISCOUNTS GIVEN

THIRTY PER CENT OFF for the active duty military individual and 10 per cent for his family is the discount available at Marine World (Africa USA), Redwood City, if you present discount card, available through Special Services, and active duty ID card. Tickets will then be \$3.15 for adults and \$2.45 for children.

AMID NAVY COLORS, the youngest (ENS J. R. Roberts) and the oldest member (CAPT Calvin Johnson) of the Medical Service Corps fed each other from their 26th Anniversary cake when the MSC held its annual ball at the Fleet Admiral Nimitz Club, Treasure Island, on August 11. Over 100 officers were present at the cake cutting, and the 12ND Combo Band set the tempo for the evening's dancing during and following the roast prime rib banquet, which ended with Kahlu'a parfaits. The first Chief of the Medical Service Corps, CAPT Bill Calkins, now living in the Bay Area, was present at the birthday party.



To Wilderness' Quiet Peace

Photos by—HM2 Tim Town



Ride 'Em, Landlubber!

On the trail of the Desert Dog and other Broncos, Land Rovers, Jeeps and pickups, 16 of our NHO personnel, 12 of them patients, took off with the Fiddle-Footed Four Wheelers of Santa Clara toward the Barney Riley Trail for a two-day outing. Mr. Milt Swopsher, with the Tierra Cabroso Four-wheel Drive Club, and Mr. Bob Baker were the planners and instigators of the trek.

The 16 vehicles, readied for the trip, made their pickups at the circle of NHO then followed the leader up Highway 88 to about 10 miles from the Nevada line, near Markleeville, Ca. Thereafter, each driver with his guest entered the Eldorado National Forest and rode into the wilderness—way, way back in—about 8½ miles.

The ride was rough and exciting, and finally ended at the rendezvous spot where they set up for camping, fishing, and food in the peaceful and quiet wilderness.

All 16 of NHO's patients and staff, vehicles and drivers returned safely.

Scuttlebutt

There's a lot of talent going unheralded around NHO, and it would be nice to know more of the many hobbies of both civilian and military staff. Richard Fritz in the Machine Shop, Public Works, used to do engraving for Granat Bros. Jewelers, and he is still called on in his spare time for ornamental engravings. Turquoise (now classed with the semi-precious stones) jewelry making is one of his loves, and he can usually pull a necklace or earring sample out of his pocket. Another hobby of Mr. Fritz's is the framing of Christmas trees made out of old jewelry, and sometimes his creations sell for over \$50, depending on size.

John Van Bos, also in the Machine Shop, is another hobbyist whom we understand works in metal in his machine shop in the home. This compound probably abounds with creativity and craft skills were personnel known.

CDR Harold Janson, here with the Medical Facility Evaluation Executive Committee, said that in 1954 when he headed Special Services that his chief claim to fame was that he took Raymond Burr out to dinner.

In June 1970, HN Jacqueline Winder of PT was crowned "Miss Navy Relief." In May 1969, HM3 Diane Charlton, then in Labor and Delivery, was chosen Sailor of the Month for April. The two were former roommates at NHO and still friends they are still keeping in touch with Naval Hospital. Mrs. Katherine Wade, LVN on 8-East, has learned that the two are now graduating from the School of Nursing, Ravenswood Hospital Medical Center, Chicago. Commencement exercises were August 19.

Patient Care Is This Corpsman's Thing



HM3 James P. Fleischman, Senior Corpsman with the Clinical Investigation Center, helped coordinate the training and patient-care program of hemodialysis care which has given NHO a modern unit. It was also through his diligent effort that a formal training program was included with the Tissue Bank technicians' course of instruction.

For his superior efforts Jim earned the commendation of the Commanding Officer and received the traditional Navy "Well Done."

There are two things you must do before you leave home to go out in a boat. The first one—check the weather. The second might be new to you. That is file a "Float Plan."



ON BEHALF OF THE HOSPITAL, Special Services Officer, LT D. D. Thorson accepts several cases of pop presented by Mrs. Louise Millard and her daughter in the name of Shasta Beverages.

Born at . . .

Naval Hospital Oakland on August 9, 1973, Sara Elise Gutterman, 6 pound, 13½ ounce daughter of Sheila and LCDR Gary S. Gutterman . . . on August 8, Kathryn Anne McInnes, 8 pound, 3 ounce daughter of Laura and LT Benjamin K. McInnes, III . . . on August 6, Heather Leigh Pentecost, 7 pound, 12 ounce daughter of Carol and ENS William R. Pentecost . . . on August 9, Desiree Gabrell, 7 pound, 15 ounce daughter of Mary Theresa and HM3 Michael C. Gabrell . . . on August 13, Laurence Anthony, 7 pound, 8 ounce son of Brenda and HM3 George R. Gross, Jr. . . . on August 11, Tanya Marie Montes, 6 pound, 13 ounce daughter of Maria and HM3 Jose L. Montes.

AHOY THERE! Sailors Have New Look



More and more the new look is showing up on the compound. HM2 Randy Hudson is one "sailor" caught all dressed up in the uniform which Admiral Zumwalt, chief of naval operations, hopes will help "bring the Navy into one uniform from seaman to admiral."

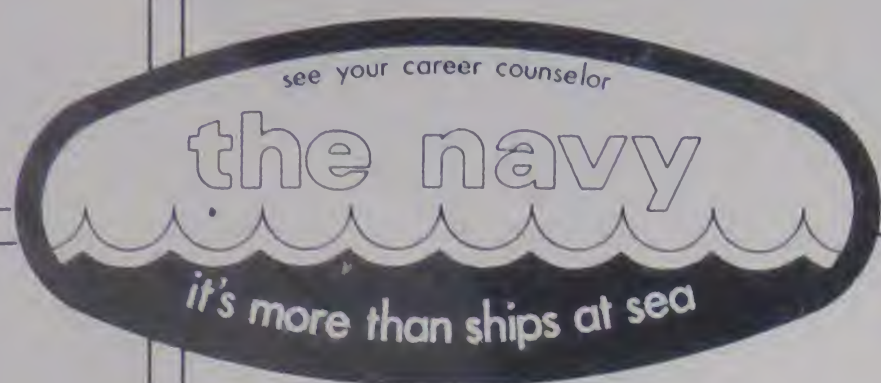
Opinion among recruits is mixed on the subject of dress. They joined the Navy to wear a white hat and bell bottoms. Many are for the uniform change.

SAFETY CHECK

I always turn pot handles away from the stove, but not over another burner.



GENDREAU CIRCLE IS NOT a circle any more. Seventy cars will find their place in the sun; the area where so many awards were presented during World War II has turned into a parking lot.



Building 500 3-1-3, ext 2394
HMC O'Connor or HMI French

THE EXTRAS COUNT TOO

Ask anyone what the benefits of a Navy career are and he is likely to answer: Free medical, early retirement, travel, commissary and exchange privileges. He is right, but there are many "little" extra benefits that come with a Navy career that count too.

For the athlete, almost every large shore station has a gym, athletic fields, swimming pool and bowling alley. Some stations even have facilities for sailing, golf, shooting or horseback riding. Shipboard athletic facilities are more limited, but most ships have an athletic gear locker to check out baseball, football, basketball and fishing gear.

If you have a hobby that requires special equipment, the hobby center at or near your base probably has what you need. Automotive, woodworking, photography and ceramic shops, to name a few, have all the power tools and special gadgets you need.

Besides these athletic and hobby facilities, there are other recreation facilities waiting for you ashore and afloat: Libraries, theaters, clubs and messes, even entire recreation parks which offer overnight and camping facilities. It's all waiting for you to use at little or no cost.

Travel is a Navy benefit everyone is familiar with, but there are some little extra benefits here too. The Charter Flight Program, the space-

available air travel on Military Airlift Command (MAC) aircraft for you and your dependents, reduced fares on commercial airlines and trains. Most domestic airlines offer a 50 per cent reduction on a space-available basis and a 33 per cent reduction for reserved seat tickets. Railroads offer military personnel 50 per cent off their regular fare.

Some extra benefits allow you to do things you dream about. The Dependent Scholarship Program, for instance, makes college scholarships and awards available to Navy, Marine Corps and Coast Guard dependents. The program is sponsored by various Navy-oriented organizations. Home ownership is another example of extra benefits helping to make dreams a reality. The FHA and VA offer members of the military low-interest, low-down payment insured home loans. Consider all the scholarship programs. Some extra benefits allow you to do things you dream about.

These are some of the little extra benefits you get with the Navy. Ask your career counselor about them, he can show you that the Navy is more than ships at sea... it's extra benefits which count toward making the Navy a good career and making your life better.

THE AMOUNT of sleep required by the average person is about an hour more than he actually gets.

Four More Reenlist

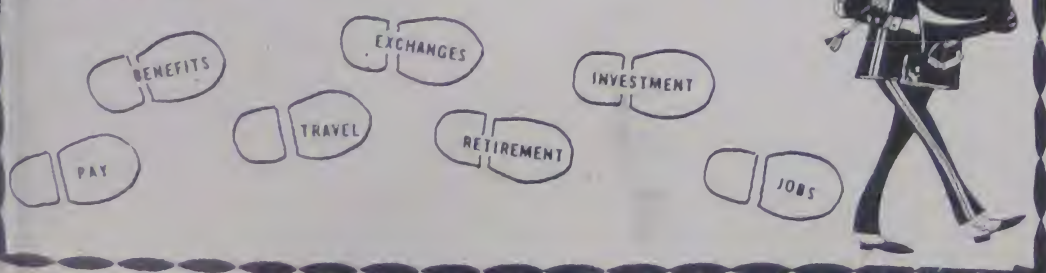
HM1 Paul D. Breedlove (reenlisting for 6 years—third reenlistment), Treasure Island Branch Dispensary.

HM2 Jack L. Corona (for 2 years—his first reenlistment), Moffett Field Branch Dispensary.

HM1 James O. Kightlinger (for 4 years—his second), NAS Alameda Branch Dispensary.

HM1 Faulelei "F" Mauga, Jr. (for 6 years—his second), NAS Alameda Branch Dispensary.

Reenlistment
MARCHES IN STEP WITH YOUR INTERESTS



Nostalgic Remembrances



SHADES OF YESTERDAY — Crooner Bing Crosby was among the first Hollywood celebrities to visit our hospital. Coming in 1944 when casualties were pouring in from the Pacific, he sang to all patients who were able to walk, hobble, or be pushed in wheelchairs to the auditorium. Later he entertained bed patients on the wards.

'73 Freedom Theme Announced

The Freedoms Foundation has announced that its 1973 letter-writing contest theme is "Human Goals—Values for Living."

The best letter-writers in the active-duty Armed Forces competition and Reserve forces event will each win \$1,000 from the Freedoms Foundation at Valley Forge, Pa. Additionally, the top 10 active-duty winners of the 1973 contest will be invited to Valley Forge to receive their awards at the annual presentation ceremony.

There will also be awards of \$100 and \$50 and George Washington Honor Medals and honor certificates.

Entries may be in essay or poetry form. The length should be between 100 to 500 words. Entrants should include full name, Social Security number, military address, service component, and complete permanent home address, including ZIP code.

All entries must be sent before Oct. 31 to Freedoms Foundation, Valley Forge, Pa. 19481.

Military members and civilians are also encouraged to enter in other categories such as editorials, cartoons, essays, public addresses or sermons relating to the theme.

OF THE APPROXIMATELY 7,200 drownings that occur each year, 85 per cent of the victims are male and two-thirds of the victims do not know how to swim, according to Accident Facts.

NEVER BURN charcoal indoors. Burning charcoal can produce large amounts of carbon monoxide. It is a silent killer.

CHAMPUS Rule For Retired

Retirees and dependents of retired and deceased Uniformed Service members who have other insurance are generally required to utilize the proceeds of such insurance before CHAMPUS can make any payments. However, when their other insurance has paid some or all of the CHAMPUS beneficiary's cost-share responsibilities during an "episode of care," as well as some or all of the charges which CHAMPUS would have paid, such amounts are accumulated as credits to be applied against future treatment for the same episode of care. An episode of care is defined as all care, both inpatient and outpatient, provided to a patient which is related to the same illness, injury, or diagnosis.

Additional information is available from the CHAMPUS Advisor at ext. 2041.

Books Are Friends

Reading alone in a quiet corner of the Crew's Library, it may be possible to find a new friend.

Rod McKuen's "Lonesome Cities," and "And To Each Season" are on the shelves—if someone has not beat you to them.

Want to read a happy tale of social downlift when four executives, out of recession or desperation, decide to rob a bank and get away with it? That would be "The Nixon Recession Caper; A Novel," by Ralph Maloney.

And for a Washington Post reporter's humorous view of contemporary living, covering such topics as fashions, car pools and the White House social circuit, why not Judith Martin's "The Name on the White House Floor"?

Bennett Cerf always offers some "Stories To Make You Feel Better," and that's the name of his book which offers jokes, puns and a lighthearted view of everyday life.

For a story of spacemen remade, Martin Caidin has a science fiction book titled "Cyborg."

For scholars, investigators, activists and anyone interested, there's a guide available to the tools and techniques used by professional researchers called "Finding Facts Fast." Alden Todd is author.

Then if there's a wife wanting to know how to work when your husband is against it, your children aren't old enough, and there's nothing you can do anyhow, just call for that book by Schwartz, Felice and others by number 331.4.

IF YOU PLAN A SHORTER vacation trip, you will be doing yourself and your country a favor. And you won't run the risk of running out of gas. Try planning a "tankful vacation"—a vacation you and your family can take within reach of a tank full of gas.



Food Service Successfully Defends Slow-Pitch Crown

For the second straight year, Food Service, under the capable leadership of Chuck Swearingen, has captured the slow-pitch crown over 13 other teams in the League. Runnerup for 1973 was EENT Service.

The League play was completed on Thursday, August 9, with Food Service downing the strong EENT team by a score of 14-7. Food Service ended the season with an impressive 14 and 1 record. Their only loss—being the extra inning game—came in a regular League play at the hands of OR, who emerged the victor 13-12. Although qualifying for the playoffs, OR was unable to get by EENT in their quest to duplicate their win over Food Service.

Aiding Swearingen in his desire for a second station championship were: Steve Crafton, Rick Bachman, Joe Montes, Jon Kempfer, Tony Tavares, Rich Jones, Mike Smith, Rich Klotz, Ed Aikens, Mike Gabrell, Dutch Poppink and Rich Springmeyer.

Cross-Country Runners Wanted

The 1973 cross-country league is scheduled to start September 21, 1973. A schedule will follow. The distances this year will coincide with international rules, which are for 6 miles or more.

SOFTBALL RUBBER MATCH Of August 17, 1973 CPOs 21 MSCs 11

12ND Horseshoe Tournament Set
The 12ND Horseshoe Tournament will be held at NAVSUPACT Mare Island (Vallejo) on September 28 and 29, 1973.

Bowling Date Scheduled

The 12ND Men's and Women's Bowling Leagues are scheduled to begin October 1, 1973.

For signup or information call Ron Brown at 2350.



YOU COULD BE MISSING something if you do not make it a habit to check the bulletin board at Special Services and outside the Main Dining Room.

Umpires Defeat CPOs in Thriller

Brown led the way at the plate as the team moved to its fifth win against no losses. In four times at bat Brown collected a single, a double and two triples.

Whoa there! Back up, and put that in quotes. The sports item was taken from The Oak Leaf dated July 12, 1952 — talking about Ron Brown, then a corpsman.

The old adage that "You can't beat the Umpires" held true last Wednesday, August 15, as a group of "over the hillers" (Umpires that officiated all 1973 games at Naval Hospital) came forward and broke an 8-8 deadlock in the bottom of the 7th inning off the bat of Ron Brown, Athletic Director, who leads the officials. After the dust had settled, both teams met at the CPO Club and joined forces at the buttermilk bar.

The Chiefs' only comment was: "Wait until next year!"

Representing the Umpires in the first of what may prove to be an annual event was Moe Daniels, Russ Schofield, Milt Barner, Ken Perry, Richard Holley, Don Thomas, Larry Thomas, Maurice Viramontes, Rod Ward, Sam Gross, Daren Bainter and Ron Brown.

Representing the CPOs were Fred Matthews, Art Nicewander, Leo Therrien, Earl Peterson, Jack Jones, Don Clark, Max Gonzales, Bill Johnson, Bob Brown, Herb Jenson, Joe Hampton, Bob Kaib. Standby: Art Turner, Al Case (Ret) Manager-coach, Tom Marria, Joe Santiago and Fred Little.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION SCHEDULED FOR AUGUST and SEPTEMBER

Date Event Time Type/Location

*Aug 28-30, 1973, Badminton, 7 p.m., 12ND Men's Championships NAS Alameda

Aug 28-30, 1973, Badminton, 7 p.m., 12ND Women's Championships NAS Alameda

*Sep 13, 1973, Eight Man Football, 4 p.m., 12ND League

Sep 21, 1973, Cross-Country, 5 p.m., Invitational, NAVSTA Treasure Island (Schedule to follow)

*Sep 28-29, 1973, Horseshoes, 10 a.m., 12ND Championships, NAVSUPACT Mare Island

*Denotes points toward Commandant's Athletic Excellency Award.

BRING YOUR SLEEPING BAGS if you would enjoy a Labor Day Coed Camp-out in the Sierra foothills. The San Francisco USO has scheduled bus transportation, all meals, dancing under the stars, hiking, swimming and horseback riding at the Odd Fellow-Rebekah Youth Camp at Sonora—all for \$15. Further info at: 621-0630.

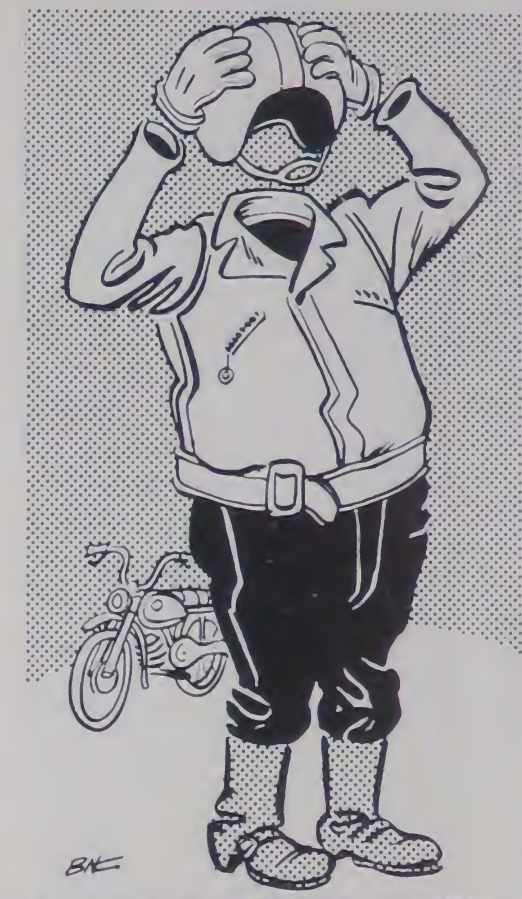
The Invisible Man Is NOT Too Late

More than three million "invisible" men are traveling the United States' public roads today!

Who are they? People just like you who ride motorcycles.

Why are they "invisible"? Just because they are what they are...motorcyclists.

To illustrate the invisible man, locate an object 25 yards away that is about 30 inches wide (or about the width of a motorcycle). Now



Get With It For Fitness

With the large selection of athletic activities available to Navy people, physical fitness continues to be a matter of personal preference. Perhaps you've noticed men or women clad in a sweatsuit and sneakers running around doing their "thing." Some are literally "running for their lives."

Because of the exercise these people are engaged in, many will live a healthier, happier and longer life. They are among the group of Americans who have taken the proverbial "bull by the horns" and are doing something about such problems as overweight, sluggishness and, in general, being out of condition. They are exercising and thus preserving the one important asset all human beings possess—their bodies.

Navy people stationed ashore have many opportunities to maintain their physical fitness by taking advantage of the numerous Special Services activities. And, of course, there is always the vast wealth of recreational facilities available in the civilian community. Like in most other areas, opportunity exists for physical fitness. It's just a matter of personal initiative and willpower to do what needs to be done.

**Spare Gasoline Can
Acts Like A Bomb
In Your Car Trunk**

try to see the object while holding an ink pen upright about six inches from your eye. The pen makes "blind spot," blotting out the object you are trying to see.

If a blind spot the width of an ink pen makes it difficult to see a motorcycle, think how large blind spot your car's doorpoor makes.

You see the motorcycle... sometimes too late!

How did he get so close quickly without your noticing? The motorcycle was traveling at 60 miles per hour, it would have been moving at about 73.3 feet per second. At that rate, the cyclist could have been 25 yards (75 feet) away as you looked both ways. By the time you moved your foot from the brake and hit the accelerator, he would be almost directly in front of you. All in one second!

Car drivers should be aware of "invisible" cyclists on the road but by the same token, cyclists should take every precaution to overcome the hazards of motorcycle cycling.

"Bike" headlights should be on at all times. Remember that much of the time you are hard to see.

A helmet should always be worn and worn properly. The chin strap should be fastened securely; snug enough that it won't come off in an accident.

Watch closely for other vehicles. You never know what the other guy will do.

Reduce speed in gravel; when sand, dirt and such are on paved surfaces and when the roadway is wet. A motorcycle isn't as stable as a four-wheeled vehicle.

Remember, above all, on a bicycle, motorscooter, minibike or motorcycle, you are extremely vulnerable. Skin and bones give way much easier than sheet metal and steel chassis.

Movie Schedule

Friday, August 24
SISTERS—Margot Kidder, Jennifer Salt—Murder Mystery (R)

Saturday, August 25
THE STAR SPANGLED GIRL—Sally Duncan, Anthony Roberts—Comedy (G)

Sunday, August 26
TELL ME THAT YOU LOVE ME JUNE MOON—Liza Minnelli, Robert Moore—Drama (PG)

Monday, August 27
THE MAN—James Earl Jones, Mariel Hemingway—Drama (G)

Tuesday, August 28
ULZANA'S RAID—Burt Lancaster, Brian Donlevy—Western (R)

Wednesday, August 29
GOSPEL ROAD—Johnny Cash, Robert E. Howard—Religious Drama (G)

Thursday, August 30
VAMPIRE CIRCUS—Laurence Payne, Adrienne Corri—Horror (PG)

Friday, August 31
KILL—Stephen Boyd, Jean Seberg—Drama (R)

Saturday, September 1
DR. PHIBES RISES AGAIN—Vincent Price, Robert Quarry—Horror Drama (PG)

Sunday, September 2
NORWOOD—Glen Campbell, Kim Darby—Drama (G)

Monday, September 3
No Movie—Labor Day

Tuesday, September 4
WHERE DOES IT HURT?—Peter Sellers, Ann Pflug—Comedy (R)

Wednesday, September 5
ACE ELI AND RODGER OF THE SKIES—Cliff Robertson, Eric Shea—Comedy Drama (PG)



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 45

Friday, September 7, 1973

Seven Per Cent Certificates

CU Offers Premium Investment Program

Certificates which will mature in two years with a guaranteed interest return of 7 per cent per annum! Sound interesting?

For the first time the Alameda Coast Guard Federal Credit Union offers such an investment opportunity to its members and friends. You need not be a member of the credit union to purchase these certificates, which will be issued in even multiples of \$500, with an initial purchase minimum of \$1,000.

The certificates offer a better value than most bank offerings because the CU is able to offer a two-year 7 per cent certificate instead of one with a four-year maturity. Certificates may be redeemed at any time before maturity at a reduced rate of interest (5½ per cent per annum from date of purchase through the last full month a certificate is outstanding). Another advantage is that the certificates do not carry a 90-day interest forfeiture if presented for payment before maturity.

Peggy Griffin, the CU representative at NHO, says the only investment she knows of that favorably compares with this Premium Investment Program is a share (savings) account as a member of the credit union. Such an account pays a dividend, compounded semi-annually, of 6 per cent per annum on shares. Free life insurance which matches savings dollar for dollar up to \$2,500 is also included—plus an

extra benefit, you can save by military allotment or payroll deduction, and have funds immediately available for withdrawal (computer readout) upon request.

But, remember, you need not be a member of the credit union to participate in the Premium Investment Program.

Admiral's Aide Cited



THE CITATION RECEIVED by LTJG William A. Joseph cited him for outstanding performance of duty as a Medical Service Corps Officer during combat operations on the USS MIDWAY. His administrative procedures saved time and labor and his efforts helped keep the Medical Department of that ship in readiness for medical emergency.

CHAMPUS Education Service to Terminate

The Assistant Secretary of Defense (Health and Environment) has issued new guidelines concerning CHAMPUS basic program educational services.

"Education (including special education) is not a field of medicine and the inclusion of educational services under the CHAMPUS Basic Program is generally inappropriate. This is true even though a beneficiary may have an approved medical diagnosis and a recommendation or order from a medical professional that educational services should be provided for the treatment of the condition diagnosed."

Accordingly, nonresidential educational services previously provided under the basic program are no longer provided as of August 31, 1973.

Further, residential care involving educational services now being provided shall be terminated not later than December 31. New applications or applications for continuance of programs may not be approved if the facts demonstrate that the facility providing the care is primarily educational in character.

Thus CHAMPUS services will be restricted to those customarily provided by medical professionals or other persons in medicine-related specialties required in the total medical care of a patient, with two exceptions. The two exceptions are the special provisions for the handicapped and retarded and those relating to Christian Science practitioners, nurses and sanatoriums

RADM Robert L. Baker, MC, USN Becomes NHO's First Clinical Admiral

"I've been trying to get back to Naval Hospital Oakland since I was in Guam." The comment comes from RADM Robert Leon Baker, who has now returned to be Director of Graduate Training and Chief of OB-GYN of the Naval Regional Medical Center.

Admiral Baker "got back" to us by way of a long northern route, traveling 3 weeks with his wife, Rebecca, and four of his six children. The cross-country trip was in a 20-foot Shasta camper across the Badlands and Black Hills, through Yellowstone, on to Salt Lake, then Reno, jogging up through Susanville and Oregon, then on down the Redwood Highway to home quarters on Yerba Buena Island, where Dr. Baker declares the view is magnificent.

The effort to return to our scenic area started in 1956 during his first tour of duty away from here. In August of 1951, Admiral Baker began a 3-year residency in Obstetrics and Gynecology at Oak Knoll following internship at Tripler General Hospital and a year of dispensary duty. In 1954 he served on the staff, then his duty took him to other parts of the world, but steadily upward. After his Marianas Islands tour, he saw duty as Assistant Chief of OB-GYN at Great Lakes, Ill., and Camp Lejeune, N.C., and as Chief at Pensacola, Fla., and Portsmouth, Va. He has just completed serving as Director, Professional Services, Executive Officer, Naval Hospital, Great Lakes.

Over 8,000 babies got their first spanking from Dr. Baker, and in



his clinical years he has been very active in research, has authored many scientific papers, performed countless surgical operations and at Portsmouth headed the largest OB-GYN service of all federal hospitals. The Rear Admiral was frocked on August 6, 1973, and this is the first selection to flag rank of an OB-GYN specialist on active duty among all the Armed Forces.

Teaching and graduate training will be Rear Admiral Baker's main direction at Naval Hospital, but this sports-minded physician will not wait until his retirement to his 100-acre hilltop retreat which he owns in Mountain Home, Ark., to pursue his hobbies. Fishing is one of his great loves, and he looks forward to doing it right here whether in salt water or some old pond. Too, he likes hunting—be it with bow and arrow or firearms. He also hunts with his zoom movie camera.

Two Retire After Thirty Years



THE DAUGHTER OF CAPT WALTER S. MATTHEWS, JR., shares his retirement ceremony, and RADM Ralph E. Faucett, our Commanding Officer, stands with HMC Herbert D. Harvey on the occasion of his retirement after 30 years of service.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitirinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.
Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ CHAPLAIN'S CORNER +

ROUTINES ORDINARY

A tour as a hospital chaplain, in addition to creating a few more gray hairs, begins to make one thankful he has hairs to turn gray. In short, I have learned the blessing of the ordinary. How often I have taken an ordinary day—my health, my strength, my mind, my job—for granted. I find it is so easy to get lost in the chase for thrills and novelty and fail to see God's hand in the ordinary—the sheer divine gift of today or even this moment.

Perhaps something of the urgency in God's call to repentance lies in His concern that we find right now the wonder of today's experience with God Himself, with life about us and with each other. Eternal life is quality of life as much as quantity and it can be a reality here and now in the ordinary routines of life.

LCDR A. R. Treibel, CHC, USNR

ANYONE INTERESTED in singing in the Chapel Choir should call the Chaplain's Office, extension 2251. Choir rehearsals will be held each Wednesday at 7:30 p.m.

This Year Let Us Give To The Combined Federal Campaign

100%
Ready ? ? ? ?

Born at . . .

Naval Hospital on August 16, 1973,
■ Gary Scott Gantz, 7 pound, 14 ounce son
of Mary and LTJG Gary S. Gantz . . . on
August 18, 1973, Sean David Snowden, 7
pound, 6 ounce son of Karen and HM2
■ John D. Snowden . . . on August 21, 1973,
Stephen Parker Lewis, 8 pound son of
Joyce and LT Paul E. Lewis, II.

ON-BASE PHONES (extensions 2521 and 2522) have been installed in the office of the Alameda Coast Guard Federal Credit Union for the convenience of hospital employees.

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, Great Lakes, Ill. HNs Lawrence Nielsen, Kenneth Weibel and Timothy Parish; HAS Elizabeth Esarey, Carolyn Jones, Michael Kaiser and Carlotta Grey

From Naval Hospital Corps School, San Diego. HAS Gregory Kersulis, Randall Boller and Thomas Toll

From Naval Station, Norfolk, Va., HM2 James Wornica.

From Naval Medical Training Institute, NNMTC, Bethesda, Md., HM3s Herschel Martin, Jr., and Bruce Blum

From U.S. Naval Station, San Francisco, HMC Curtis Zemlicka.

ENLISTED DETACHED:

To FMSS, Camp Pendleton, Ca., HMC Robert Rocca, HA Charles Koopman and HN Narcisco Daoas.

To FMSS, Camp Lejeune, N.C., HM3 James Desalvo.

To 3rd Marine Division, FMF PAC, Okinawa, HM1 James Smith.

To USS AUSTIN (LPD-4), HA Ricky Bowen.

To MCAS, Iwakuni, Japan, HM3 Frank Molver.

EXEC-LINE

* A number of us who are taking skin and scuba diving lessons would like to practice the use of our face masks and fins in our own base pool without having to go to Treasure Island. Do you think something can be done to permit this?

Masks and fins are not permitted in the pool area during regular swimming hours because past experience has proved those items present certain hazards to other swimmers. At one time a swimmer accidentally kicked a face mask with his heel and cut both his foot and the face of the wearer of the mask. Swimmers inadvertently jump on the divers, trip on the fins, and the lifeguard's task is made more difficult sometimes even by pranksters.

Safety is a must in the pool area, and masks may be worn ordinarily only if chlorine and so forth in the water irritate a swimmer's eyes.

However, through Special Services if a group desires to practice use of face masks and fins, pool hours and use can be scheduled; no requests for class or group use of face masks and fins have been received.



Residencies Completed



LCDR RICHARD E. TIRRELL
LCDR IGNOR Z. DROBOCKY



LCDR WILLIAM S. MCKENZIE



LCDR JAMES D. ROBERTS



LCDR ROBERT F. BREWER
LCDR GARY L. ALMY



CAPT CLAUDE C. ATKINS smiles as he reads his fitness report before departing for Naval Hospital, San Diego, where he will be Chief of Surgery.



UNDER THE TREES at a picnic in their honor, the Red Cross volunteers who have served this summer at NHO listen to a few laudatory remarks from our Commanding Officer in appreciation of their faithful service.



WHEN HM2 HARVEY L. SIMPKINS (center) received a Letter of Appreciation from the Commanding Officer, a large number of the staff of the Physical Therapy Department and several of the hospital's administrative staff were on hand to offer congratulations.

Who's Been Doing What . . .

Seven New Lieutenant Commanders



SPORTING NEW SHOULDER BOARDS are LCDRs Clair S. Weenig, Darol C. Rice, Michael R. Kelly, Peter A. Lee, David A. Kasuboski, Jack R. Almeleh and Sabato A. Stile.

MSC Promotion



TO LIEUTENANT
JAMES ALVIN BLANKS (MSC)



HMCS SENEIO SAN LUIS JOSE received a letter of appreciation for his services while attached to the Operating Services Department and Patient Affairs Division. The letter went on to compliment his work while on duty as Administrative Assistant in the Neuropsychiatric Service. His conscientious attention to detail, rapid grasp of organizational complexities and ability to motivate personnel were listed among other outstanding traits of character.

Augmentations



LT MARILYN ANDERSON (NC)



LT ROBERT K. O'BRYAN

Promotion



LCDR LEWIS PRESSGROVE

Advancements



HM2 MICHAEL G. BROZ
HM3 DONALD E. GREGG

Reenlistment



HMI VERNON LEE SCHRYER
reenlists for 6 years



LCDR ROBERTA GRAHAM (NC)
A WIRE FLASH—
LCDR Roberta Graham at the All Navy Golf Tournament in Little Creek, Virginia, after 36 holes on second day of play leads the Women's Division with a 176 score.



LCDR RODNEY A. KNUTSON
(ex-POW)



LT LUCINDA L. AURIETT (MSC)

SPORTS

By Ron Brown

OB-GYN Squeezes By Pharmacy In '73 Opener

GAME OF SEPTEMBER 5

OB-GYN, under the strong arm of Bill McKenzie, opened the 1973 flag football season by a 12-6 squeaker over Pharmacy. They came from behind as Dave Krueger of the Pharmacy team provided the highlight of the game as he picked off a McKenzie pass 2 yards deep in his own end zone and needled his way down the field for 82 yards and a score. This run was the longest run after an interception since the flag football league started some 4 years ago. Krueger's run came with 13:52 left in the first half.

OB-GYN came right back after Krueger's feat with McKenzie connecting with John Dalton on a 24-yard pass and 15-yard run play, good for 39 yards and six points with 11:39 left on the clock in the first half.

Neither team could score after this until with 10 seconds left in the second half, McKenzie connected with Kevin Kuwada on a 35-yard

Naval Hospital Slow Pitch Team Ends Season

Naval Hospital's slow pitch team ended the season with a 3-2 win to capture the "C" Division Alameda City League championship.

The varsity team successfully defended their title for the second straight year in the Alameda "C" Division slow pitch league as they defeated the "Westbay Wonders" of Alameda by a score of 3-2.

NHO's final season record was 15-3.

aerial shot which proved to be the winning points for OB-GYN. Neither team could score the all important P.A.T. (point after touchdown).

Dental whitewashed LAB 58-0 in Thursday's September 6 game.

Next week's games pit the following teams:

Monday, September 10, NP vs OR; Wednesday, September 12, Dental vs ENT; Thursday, September 13, LAB vs Pharmacy.

All games are at 5 p.m. and are played on the football field near the picnic area.



SOME FIRST AND SECOND PLACE softball trophy winners for the 1973 season are Stephen Harvey, Donald Roy, Athletic Director Roy Brown, RADM R. E. Faucett, Mike Gabrell, Mike Smith, Mike Broz, Joe Montes and Tony Tavares.

YOU MAY BE SURPRISED to learn the ease with which you can finish high school. Eleven diplomas were issued at the end of the spring semester on June 15. Fall classes for a 6-weeks' course will start on September 17. Phone extensions 2237 or 2394 for details.

THE ANNUAL INCOME for veterans averages \$9,100 compared to \$6,070 for non-veterans.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION SCHEDULE

SEPTEMBER and OCTOBER

Date	Event	Time	Type/Location
Sep 21, 1973	Cross-Country	5 p.m.	Invitational, NAVSTA Treasure Island (Schedule to follow)
Sep 28-29, 1973	Horsehoes	10 a.m.	12ND Championships, NAVSUPACT Mare Island
Oct 1, 1973	Bowling	7 p.m.	12ND Men's League
Oct 1, 1973	Bowling	7 p.m.	12ND Women's League
Oct 16-17, 1973	Talent Contest	10 a.m.	12ND Championships, NAS Moffett Field
Oct 25-27, 1973	Squash	1 p.m.	12ND Championships, NAS Moffett Field

Movie Schedule

Friday, September 7	ROBINSON CRUSOE AND THE TIGER—Hugo Stiglitz, Ahui—Adventure (G)
Saturday, September 8	LEGACY OF BLOOD—Merry Anders, John Caradine—Horror (PG)
Sunday, September 9	HANDS OF THE RIPPER—Eric Porter, Jane Merrow—Horror (R)
Monday, September 10	LADY SINGS THE BLUES—Diana Ross, Billy Dee Williams—Musical Drama (R)
Tuesday, September 11	SON OF THE BLOB—Godfrey Cambridge, Carol Lynley—Science Fiction—(PG)
Wednesday, September 12	PAPER MOON—Ryan O'Neal, Faye Dunaway—Comedy (PG)
Thursday, September 13	WATTSTAX—Isaac Hayes, Richard Pryor—Musical Documentary (R)
Friday, September 14	CHILD'S PLAY—Robert Preston, James Mason—Suspense Drama (PG)
Saturday, September 15	EVERY LITTLE CROOK AND NANNY—Victor Mature, Lynn Redgrave—Comedy (PG)
Sunday, September 16	THE MUSIC LOVERS—Richard Chamberlain, Glenda Jackson—Historical Drama (R)
Monday, September 17	SOYLENT GREEN—Charlton Heston, Edward G. Robinson—Futuristic Drama (PG)
Tuesday, September 18	MAN AND BOY—Bill Cosby, Gloria Foster—Drama (G)
Wednesday, September 19	DILLINGER—Warren Oates, Ben Johnson—Crime Drama (R)
Thursday, September 20	CHARLOTTE'S WEB—Debbie Reynolds, Henry Gibson—Animated Musical (G)
Friday, September 21	SQUARES—Andrew Prine, Gilmer Montgomery—Drama (PG)



BEGINNERS AND PRESCHOOLERS, along with adults, made their ripple this summer at the base pool. A possible future Olympic starlet (?) is here being taught by Mrs. Sandi Hill, swim instructor.



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 46

Friday, September 21, 1973

Birthday October 13
THE NAVY IS NEARLY
AS OLD AS THE NATION



From its beginning, 198 years ago, our Navy has sailed ever vigilant as a protector of our shores and defender of freedom of the seas.

"Like any family, the Navy family derives its strength from all its members working in harmony for a common purpose. The 1973 Navy Birthday is a celebration of that unity, and an opportunity for every member of the Navy family to reflect on the contributions of the other members, and the mission we all share of helping to make the Navy of the future as dynamic as the Navy of the past."—ADM E. R. Zumwalt, Jr.



PIPED ASHORE to Fleet Reserve—HMC Ernesto M. Sayson, from the Branch Dispensary, Mare Island, departs the Naval Regional Medical Center, Oakland.

APACHE PROJECT IS ONGOING

The young Apache, departing from the Guest Airport at Oakland with his grandmother for White-river, Ariz., was asked if he would please wave. Although he smiled, he did not wave.

The photographer again asked the boy to wave goodbye as he entered the plane. Somewhat timidly the boy lifted his hand.

It was not until the following day the photographer learned the reason for the little boy's reluctance; "Apache never say 'Hello' or 'Goodbye,' and that's why the little boy did not wave."

Proving only that two cultures truly have much to learn of each other!

However, the two cultures—the Apache and NHO personnel—have been getting better acquainted for

many months in what is now known as the "Apache Project." A request was first received by Letterman Army Hospital and Naval Hospital, Oakland, from the Hospital Administrator at White-river seeking support for otological surgical care for Apache tribe members. Most surgical specialties, except ear surgery, are provided for the Apache in Phoenix. The surgery is being done under an interagency agreement which permits military hospitals to provide the services and to be reimbursed. Although Letterman was helping extensively at the onset of the project, presently, because of certain cutbacks in the ENT personnel, Naval Hospital has assumed responsibility for the project.

The Apache Reservation Indians—some 7,400 of them living in a 2,000 square mile area—have been found to have a high incidence of middle-ear infection called otitis. It ranks number three in diseases confronting the Apache. Otitis can be a simple earache or it can progress with neglect to become a very serious mastoiditis illness leading to complications and possible deafness. So far at our facility we have treated 47 persons; on the reservation our doctors have examined another 600, 55 of whom are now scheduled for surgery here; and it is estimated that many, many more cases of otitis will in time be diagnosed and treated.

The reason for the prevalence of
(Continued on page 2)



SHE SAW THE SEA! And it seemed to please. A visit to the beach provides one of the special thrills for each Apache, here under the Apache Project, when they are taken on a 3-hour tour of the Bay Area. Two young Apache girls, one the first time off the reservation, had a giggling good time riding the elevators of the St. Francis Hotel—those with the

expansive outside view. One young boy liked best the buffalo in Golden Gate Park. An escort made a special request to see Chinatown, and two Mao jackets were purchased there. The volunteer service by the Officers' Wives' Club has made a difference in encouraging many patients to accept medical care.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
 CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
 CAPT Edwin B. Miller, MSC, USN, Administrative Officer
 LTJG D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
 Editor: Jo Spivey
 Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
 HM1 M. E. Smith

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958. THE OAK LEAF receives Armed Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

Divine Services

CATHOLIC

SUNDAY MASS—8:30 a.m. Clinical Assembly (Third Floor)
 12:15 p.m. Main Chapel*

DAILY MASS—12:00 Noon Chapel of Hope (Mon.-Sat.)

HOLY DAYS OF OBLIGATION

12:00 Mass, Chapel of Hope
 4:30 p.m. Mass, Chapel of Hope
 Confessions: Before all Masses
 Baptisms: By appointment
 Rosary: 11:50 a.m. (Before Daily Masses)

PROTESTANT

SUNDAY WORSHIP—9:30 a.m.
 Chapel of Hope (Third Floor)
 10:30 a.m. Main Chapel*

SUNDAY SCHOOL and ADULT DISCUSSION GROUP—9:30 a.m., Chapel Annex

HOLY COMMUNION: First Sunday of each month

Weddings and Baptisms: By appointment

Choir Rehearsals: To be announced.

OTHER

The Jewish Rabbi visits the Hospital one day a week. For appointments call Extension 2251 or 2252 or 357-8505.

A service for Latter Day Saints is held in the Chapel of Hope at 2:00 p.m. on Sundays.

*A nursery for small children is available in the Chapel Annex (Bldg. 133) during these services.

"The Navigators" hold meetings at 7:30 p.m. in the Chapel Annex every Tuesday. Contact the Chaplain's Office for further information.



"X" MARKS THE ROUTE to Apache Land, some 700 miles distance to Whiteriver, Ariz., from where this typical group (one an English-speaking escort) were transported to Naval Regional Medical Center Oakland, in a 7-passenger twin-engined Aztec plane, for otological middle-ear surgical care.

APACHE (continued)

so many cases of otitis on the reservation is not positively known, but severe winters, adverse living conditions, climatic and elevation extremes provide a few reasonable explanations for the cause. Also, the Apache traditionally have accepted the disease as a minor problem and have not sought preventive or corrective care; until recently such care was not available. All too long, for one reason or another, treatment had not been obtained until the Public Health Service gave emphasis to the need.

It is not enough to say merely that our own Otolaryngology and Maxillofacial Surgical Services are now deeply involved in treatment of the Apache; there are a myriad of details that must accompany each patient's care from arrival to departure, thus extending to many services. Even

the "day of arrival" checklist entails about 24 items to be reviewed. The entire hospital is involved in Apache Project.

Apache are arriving from and returning to the reservation weekly. Each Friday the Whiteriver Hospital telephones the names and social security numbers of all patients and escorts for the following Tuesday's flight. Clinical records are maintained here on all patients examined at Whiteriver, and the staff is able to make a review on the incoming patients. Aside from all the medical preparation involved and preadmission procedures by Pediatrics, Anesthesia, Patient Affairs and wards, consideration must be given to providing for the family member or escort accompanying the patient. The motel is notified, ground transportation is arranged, arrival time is



THE UNDER SECRETARY OF THE NAVY
 WASHINGTON D.C. 20350
 15 August 1973

Admiral E. R. Zumwalt, Jr., USN
 Chief of Naval Operations
 Navy Department
 Washington, D. C. 20350

Dear Admiral Zumwalt:

On the occasion of the termination of this nation's longest engagement in armed conflict, I would like to express my deepest thanks and gratitude for the steadfast devotion to duty manifested throughout these years by Navy men everywhere. The heartbreaking sacrifices and the long years of family separation which were required to ensure the attainment of our national objectives have not gone unnoticed.

At this time in history when there is so much concern for the moral fiber of our country and for the seeming lack of direction of many of the young, and not so young, people in this nation of ours, we can be even more proud of the purposefulness, resoluteness and conviction of our men in Navy blue. The many exploits of bravery and untold unselfish contributions toward peace with honor in a most complicated area of the world will someday be fully recognized and appreciated by Americans everywhere.

The future holds new challenges for us and I am certain that they will be met with the same courage and steadfastness shown in battle.

I know I am speaking for Mr. Warner also in his absence when I say we are proud to be a part of this great fighting service.

God bless the Navy.

Sincerely,

William M. Middendorf II
 J. William Middendorf II
 Acting Secretary of the Navy

coordinated. Because the pilot is flying a turnaround flight and time is of the essence, sack lunches are packed for the pilots and returning patients. Pilots have been warned concerning ascent and descent to avoid damage to the ear after surgery, and altitudes flown are at the lowest safe altitudes possible to avoid pressure buildup.

Many other efforts are made to bridge the gap between the reservation and the hospital. Even for the English speaking Apache there is a communication gap illustrated by a negative yes. "Yes, I don't wish an ear operation or hearing test." Many have now learned that the plane that leaves the reservation will also return them to loved ones.

Soon even "Hello" and "Goodbye" will become mere matter of better hearing. Soon Apache may have no reluctance?



A HANDMADE CRADLE BOARD like this was presented to our Commanding Officer as an expression of appreciation from the tribe.



BACTERIAL INFECTION, which can destroy the hearing mechanism, is no respecter of age. The more aged Apache, however, partly because of medicine-man reliance, have only recently begun to seek early help. CAPT Tom Miller, Chief of Otorhinolaryngology, in a 4-day clinic, examined 168 patients. An NHO otolaryngologist flies once a month to the reservation giving postoperative care and identifying new cases.

Who's Been Doing What . . .

OFFICERS' WIVES

HAVE A FIRST AFFAIR



A TOAST TO A NEW YEAR is made by five Executive Board Members of the Officers' Wives' Club at their first meeting for the fall season. Officers shown in top picture are Dottie Blome, Treasurer; Ellie Hogan, Corresponding Secretary; Mary Anne Tirrell, Recording Secretary; Glenda Langston, Vice President and Mary Louise Combs, President. In

Ruffles and Flourishes at Dispensaries

THERE HAVE BEEN SOME CHANGES MADE



CAPT Anderson D. Mason
CAPT Anderson D. Mason, MSC, USN, was born an "Okie" in Will Rogers' home town of Claremore, Ok., and he doesn't mind one bit admitting to that heritage; however, he came West early in life, and graduated from high school at Point Loma, Ca.

Recruit and Corps School training was in San Diego, and he advanced through warrant officer and was commissioned as Ensign in the hospital corps in 1945. He graduated from the Naval School of Health Care Administration in Bethesda, Md., in 1948.

He served in five naval hospitals, four Marine Corps organizations, aboard three naval ships, and completed tours of duty at 12 other naval activities, staffs and bureaus. He put on his fourth stripe to become Captain in 1966.

CAPT Mason's wife is the former June Marie Van Oosterhout of San Francisco; they have a daughter and a married son.

That sketchy description introduces the first Medical Service Corps Officer to command the Naval Dispensary at Treasure Island, San Francisco, one of the dispensaries now a part of the Naval Regional Medical Center.



CAPT Robert C. Drips
The former CO of TI's dispensary, having served as its 22nd skipper, is CAPT Robert C. Drips, MC, USN, who on Sept. 7 took up his position as Assistant Director for Health Care Delivery at the Naval Regional Medical Center, Oakland. His offices are on the 3rd floor of building 500 adjacent to those of the Executive Officer.

CAPT Drips started his naval career 32 years ago when he was commissioned as a line officer. He came out of World War II as a Lieutenant Commander, and at the University of Arkansas took his medical degree under the GI Bill. He was assigned battle duty during the Korean Conflict and important medical and administrative duty assignments followed. Just prior to 1972, his Treasure Island assignment, he was Chief of OB-GYN and Chief of Outpatient Service at the Naval Hospital, Great Lakes. Three of his five daughters found their husbands in the Great Lakes area, and CAPT and Mrs. Drips are three times grandparents going on four times.

In his present assignment, CAPT Drips will be a "circuit rider," aiding the 10 dispensaries in every way possible.

the center, enlisting members for the more serious business of Navy Relief and so forth are Sally Hering and Kay Fitchett. Below, members register in for the luncheon, then proceed to the focus for the day—getting better acquainted.

Who's Been Doing What . . .

EM(Open) GOT THE BEAT!



Enlisted Mess (Open) is drumming up biz for their club these days. Friday and Saturday nights' hard rock, soul or big floor dancing can be yours for as little as nothing. But if a 48 ounce pitcher of beer is your thing, have at it.

GMG2 Wayne Chambless has announced that an effort is being made to bring in better bands and the September and October schedules are worth checking. The Black Magic, Logos—known in the area at the bigger clubs—were giving forth last weekend. During the week the club runs a stag bar but Wayne bemoans that it is not by choice but merely because enlisted gals are not around to liven up the place. Always there are hot sandwiches, pool tables, pin ball and the juke box. The club sponsors are willing to lend an ear if their clientele has suggestions for entertainment of a different sort.

Remember, the enlisted club is open seven nights a week. Sunday through Thursday from 4 p.m. to 11 p.m. Friday and Saturday plan to linger a couple hours longer. The jiving goes on just east of the CPO Mess, building 78.

Two Students Start Naval Hospital Observerships



Two nurses from the Royal Thailand Navy came aboard September 7 to begin a 13-week observership of medical practices at Naval Hospital. Mrs. Siriwan Ponsisom is taking her training with the Thailand Air Force School of Nursing and Miss Charin Orvichien is from Thailand's Army School of Nursing. When the two complete their observerships they will be commissioned as Ensigns.

Mrs. Ponsisom's particular interest is in the medical field and pediatrics is Miss Orvichien's. The observerships are always rotating so that the students receive an overall perspective of activities carried on in different services. When questioned what sight they especially wished to see in the Bay Area, the almost instant response was, "We wish to see the Golden Gate Bridge."

Born at . . .

Naval Hospital on August 21, 1973, Stephen Parker Lewis, 8 pound son of Joyce and LCDR Paul E. Lewis, II . . . on September 14, Allison Courtney Langston, 6 pound, 8½ ounce daughter of Glenda and LCDR Lloyd G. Langston . . . on September 14, Wendy Marie Metz, 6 pound, 5½ ounce daughter of Dianne and LCDR Philip S. Metz . . . on September 16, David Joseph Shoemaker, 6 pound, 15 ounce son of Gloria and HN2 Roy C. Shoemaker . . . on September 18, Tammy Lynn Karge, 7 pound, 1 ounce daughter of Karen and HM3 Michael Karge.

I CAN—CANOE? Without fear!



RED CROSS TO THE RESCUE (as usual) in the swamping demonstration at the canoe safety instruction course held (first lesson only) at Naval Hospital's pool.

Tip-a-canoe? You probably wouldn't if you were one of the 60 persons who attended the Red Cross instruction conducted at the base pool on September 15. Eager learners were registered from Tiburon, San Francisco, Lafayette, San Leandro and environs, including persons from our own facility.

There were four canoes vying for room in our big pool, and participants learned safety and self-rescue rules. (Not that there is much need for self-rescue when one learns the basics of canoeing behavior!)

For 17 years NHO has hosted lessons. This year the volunteer instructors are Mrs. Zee Dehlinger, Mr. Robert Hulbert, Mr. Dale Roe and Mrs. John VanderMeer. Future classes and races will be on Lake Chabot, Lake Merritt or Lafayette Reservoir.

A call to Mrs. VanderMeer at 582-6898 and chances are enough enthusiasm will rub off that will likely produce visions of shooting the Colorado or Niagara rapids—perfectly safe, no stigma of fear attached. Mrs. VanderMeer vows all her years of indulgence in the sport, she has never lost a "sh-im" . . . that's a she or him.

Movie Schedule

Saturday, September 22
WITHOUT APPARENT MOTIVE—Jean Louis Trinignant, Dominique Sands—Mystery Drama (PG)

Sunday, September 23
TWINS OF EVIL—Peter Cushing, Damien Thomas—Horror (R)

Monday, September 24
FEAR IS THE KEY—Barry Newman, Suzy Kendall—Melodrama (PG)

Tuesday, September 25
FIDDLER ON THE ROOF—Topol, Norma Crane—Musical (G)

Wednesday, September 26
SAVE THE TIGER—Jack Lemmon, Jack Gilford—Drama (R)

Thursday, September 27
A SEPARATE PEACE—Richard Parker, John Heyl—Drama (PG)

Friday, September 28
THE DARING DOBERMANS—Charles Knox, Tim Considine—Adventure (G)

Saturday, September 29
NIGHT OF THE BLOOD MONSTER—Christopher Lee, Maria Rohm—Horror (PG)

Sunday, September 30
THE SANDPIT GENERALS—Alejandro Rey, Guilherme Lamounier—Drama (PG)

Monday, October 1
DEEP THRUST—Angelo Mao, Chang Yi—Action Drama (R)

Tuesday, October 2
CHATO'S LAND—Charles Bronson, Jack Palance—Western (PG)

Wednesday, October 3
WHITE LIGHTNING—Burt Reynolds, Jennifer Billingsley—Action Drama (PG)

Thursday, October 4
HIT MAN—Bernie Casey, Pamela Grier—Action Drama (R)

Friday, October 5
SANTEE—Glenn Ford, Michael Burns—Action Western (PG)

Sept 24 to 30 is California Traffic Safety Week



ALL NON-APPROPRIATED FUND activities, except the Navy Exchange, will be consolidated under Naval Hospital's new Recreational Service Department to be headed by LCDR John DeLaughter, who recently reported from a tour as AO on the USS SANCTUARY. All messes, the package store and Special Services will be affected.



THE JANGO PROGRAM of Naval Hospital Oakland has 38 active volunteers. Since March 1969, they have given 8,873 total service hours. The group who completed a class the end of May has already a total of 2,792 hours. Pictured, following their capping are (front row) Pam Metz, Kay Eckert, Cathy Crom-

well, Jana Ubonille, Joan Levy, Theresa Lusk; (second row) Karen Miller, Susan Ford, Judy Alsip, Karen Deaner, Kathryn Johnson, Kathleen Carson, Kathleen Griffith, Loretta Trumbull. (Not pictured: Becky Bolick, Julie Bouknight.)

Sports Shorts

Graham is All-Navy Golf Champ

At the 1973 All-Navy golf tournament at Little Creek, Va., LCDR Roberta Graham was the tourney's top woman. Our NHO nurse fired an 87, 89, 91 and 83 to edge second-place Air Controlman Second Gayle Hasley by four strokes. Congratulations!

Runners Wanted

Cross-country runners for 12ND competition starting today.

The 1973 schedule follows:

Sept. 21 (Friday), 5 p.m.—NAVSTA T.I. (4 miles)

Sept. 28 (Friday), 5 p.m.—Golden Gate Park, San Francisco (4 miles)

Sept. 30 (Sunday), 1 p.m.—NAS Lemoore (6.5 miles)

Oct. 3 (Wednesday)—5 p.m.—Mare Island (6.0 miles)

Oct. 13 (Saturday), 10 a.m.—P. G. School Monterey (7 miles)

Oct. 17 (Wednesday), 5 p.m.—Lake Merritt, Oakland (6 miles)

Oct. 26 (Friday), 5 p.m.—NAVSTA T.I. (6.5 miles)

Nov. 3 (Saturday), 10 a.m.—12ND Championships, NAVSTA T.I. (6.5 miles)

Wrestlers Wanted

Wrestlers are wanted to form a station wrestling team for 12ND competition. The first meet is on December 5, 1973, culminating with the 12ND championships, to be held at NAS Lemoore on February 23, 1974.

Winners in each weight class will advance to West Coast Regional and All-Navy competition.

Call Ron Brown at ext. 2350 for more information.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION SCHEDULE

Sep 28-29, 1973, Horseshoes, 10 a.m., 12ND Championships, NAVSUPACT Mare Island

Oct 1, 1973, Bowling, 7 p.m., 12ND Men's League

Oct 1, 1973, Bowling, 7 p.m., 12ND Women's League

Oct 16-17, 1973, Talent Contest, 10 a.m., 12ND Championships, NAS Moffett Field

Oct 25-27, 1973, Squash, 1 p.m., 12ND Championships, NAS Moffett Field

EXERCISE CLASS STARTED

Staff military officer and enlisted wives attention!

Beginning October 2, and each Tuesday and Thursday thereafter, an Aqua Exercise Class will be held from 9:30 to 10:30 a.m. Call Kathy Rupp, 635-7007 for details.

'Prestigious' Ball Promised

CDR Angie Petoletti described the forthcoming Navy Birthday Party of October 13 as a "prestigious" affair — not meaning that it is "full of deceitful tricks or delusion," one definition, but meaning to say that it is one of the best parties of the season. The mayors of San Francisco, Oakland and Alameda will be invited and will impart distinction and prestige, as will each guest.

Dinner will be formal; the cocktail hour will start at 7:30 p.m.; there will be dancing, entertainment (don't ask, be surprised), corsages for the women, souvenir programs, and a few other extras will be included in the \$9.50 tab. Lieutenant Commanders and above will wear dinner dress blue jackets; Lieutenants and below, dress blue, and tuxedo is the dress of the evening for civilians GS-7 and above. The activity will take place at the Fleet Admiral Nimitz Club, Treasure Island.

CPOs AND ENLISTED TO CELEBRATE

All Enlisted personnel may attend the COM12 Birthday party at the CPO Mess, Treasure Island, if they get their reservation in to YN2 Daniel Odegaard, in the Legal Department, by Sept. 27. Military service dress blue (new or old) with medals is the uniform of the evening. There will be a formal, grand march opening, followed by NY cut steak dinner with free wine. Around 10 p.m. the oldest and the youngest will be toasted and dancing will continue until a questionable hour. Although the tickets are \$6, YN2 Odegaard recommends the free cocktails for starting the evening from 6 to 7:30 p.m., and the guest speaker of the evening will be an ex-POW.

Meanwhile, back at the compound, the active duty staff Chief Petty Officers will be blowing out birthday candles also at the CPO Mess at a full-dress formal ball. Master Chief Brown is coordinating the evening's entertainment and can answer questions.



A SCENE FROM LAST YEAR'S ALAMEDA-CONTRA COSTA MEDICAL ASSOCIATION MEETING pictures one occasion when military and civilian physicians get together. The 1973 dinner, hosted by NHO, will be Sept. 27, 1973, starting at 6:30 p.m. with CDR James Winebright speaking on "Scintillations: Far from Fallout." Dinner will follow at 8 p.m.



SOMEBODY SQUEEL, please. Here's a dental tech, Judy Lininger, wearing one of Dental Clinic's new break-aways, but she works in OR and was in the stands at the Dental-OR flag football game. Anybody know who Judy was rooting for?

Mini

Scuttlebutt

Did you know that there's a fine art to the bonsai culture? Bob Carson of NP spends his Saturday mornings at private lessons learning shapes and textures, heights and widths, potting mixtures, when to wire and when to feed and trim, and so forth. So bonsai is not just the art of trimming! And any tree can be bonsai-ed! And a good bonsai-er can spend 20 or 30 years a-learning. Bob's wife Yoshiko has her Master's certificate in flower arranging. Her oriental training should be valuable to her husband's hobby.

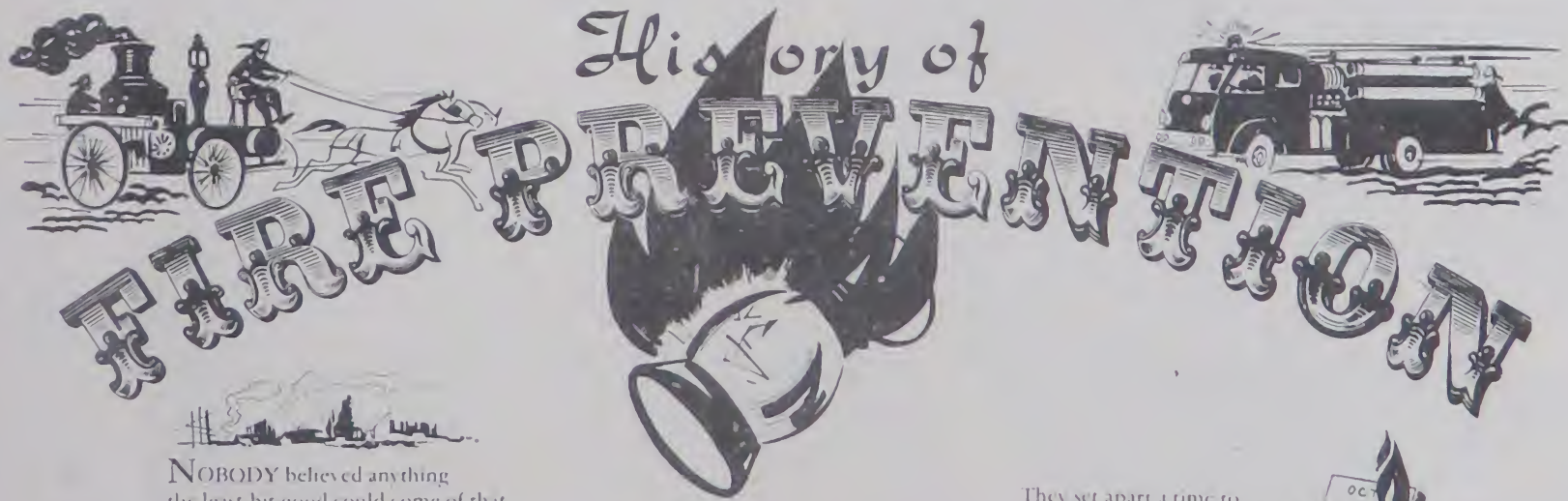
Yoshiko could probably also lend Helen Cupper, Head Social Worker, a big hand in arranging the Japanese garden at her new home in Montclair. Three huge rocks have finally been moved in as a start of the project.

With all the hobbyists around, must tell you that LT Lucinda Avriett has taken up the hobby of decorating eggs. There now, you know that her name is not spelled with a "u" after the A! Most people mispronounce the name even when spelled correctly.

Did you ever stumble into a French restaurant and feel humfuzzled in finding that a dinner with wine costs less than a dinner without wine? Mary Louise Combs, the new President of the Officers' Wives' Club, can frequently figure out similar "bargains" for itchy-footed travelers. For instance, she mentioned that a tour was planned for one Navy wife on which it cost \$20 less to take in the Bahamas, Jamaica, Mexico City and Miami than to just fly SF to Miami direct.

WHAT'S THE BEST possible fire prevention weapon?

YOU ARE!



NOBODY believed anything the least bit good could come of that "Great Chicago Fire" which left almost 100,000 people homeless, claimed over 200 victims and leveled 2,000 acres of the city — blackened, smoldering ruins!

BUT SOMETHING GOOD did happen though it took a while.

Years later, a group of Fire Marshals had an inspiration. They recognized the need to focus public concern on important fire PREVENTION facts — and the lesson that most fire tragedies are needless. It's everyone's job to stop fire.

went the lantern!

On October 9, 1871 — as legend tells it — Kate O'Leary's cow kicked off one of the worst fires in history

... and something more!

They set apart a time to observe Fire Prevention DAY. That was the beginning. Then the idea blossomed.

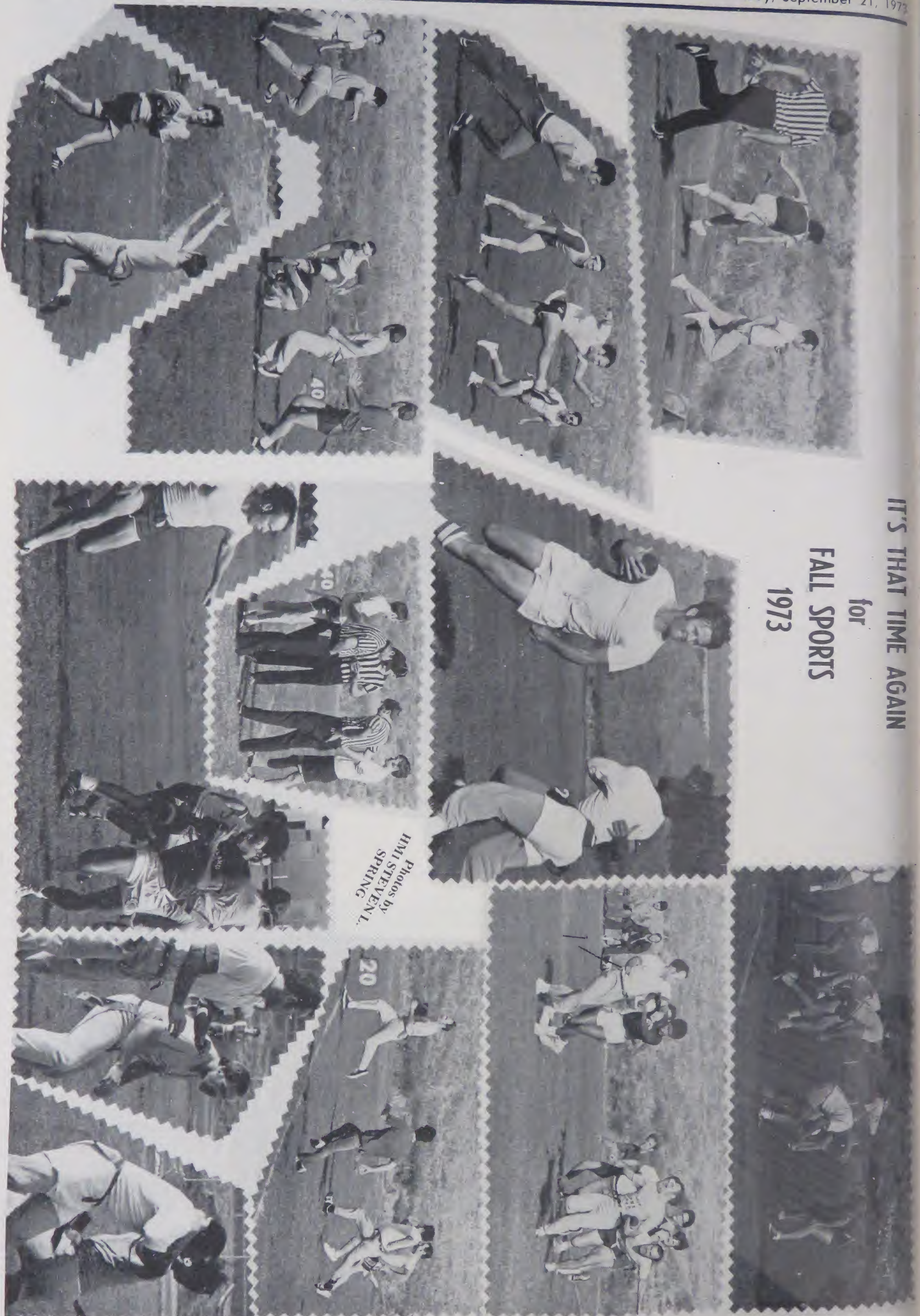
In 1922, at the suggestion of the National Fire Protection Association both United States and Canada proclaimed "Fire Prevention Week" the week each year in which October 9 occurs — the anniversary of that fateful Chicago fire of 1871.

Out of the smoke of this disaster has risen the hope and renewed effort to prevent the terrible toll of fire. YOU ARE NEEDED!

ELIGIBLE MILITARY PERSONNEL please note that an animal immunization clinic will be held for cats and dogs at NAS Alameda on Sept. 25, from 1 to 3 p.m. in building 115, Medical Department Garage.

Take Time for Fire Prevention . . . Year 'Round!

IT'S THAT TIME AGAIN for FALL SPORTS 1973



Photos by
HMI STEVEN L.

The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 47

Friday, October 5, 1973

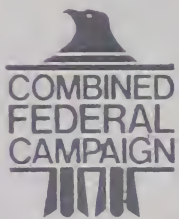


Drive Alive . . . On Your Two October Holidays
October 8, Columbus Day — October 22, Veterans Day

Your Fair Share Is All CFC Asks

The unpredictable fortune cookie said you were warm and giving; you believed it and gave last year. Some 200 Combined Federal Campaign supported agencies looked upon your gift to their needy, called you "Blessed," and said, "That is good."

Without your gift last year, it is possible that this year Mrs. Elfrida Driessel of Albany would not have found two sisters, lost to her for the past 16 years. The Red Cross helped locate them in Australia.



Red Cross is just one United Bay Area supported agency.

SPS Steve Silverberg arrived at the San Francisco airport at 1 a.m. and spent the loneliest part of the night at the USO Lounge until his 8:30 a.m. flight. He wrote, "The warmth and comfort of the Lounge is a Godsend."

Without your gift, Steve and many other weary travelers would not have had the opportunity of enjoying that USO Lounge . . . or the Traveler's Aid help.

Without you, Cathy—so terribly tired, tired of having no family to care, no roots—would not have had a drug abuse agency to turn to to start her reorientation into society after a bad start on a rebelliously wrong foot.

With you—your fair share

giving—a big portion of the 21 million documented needs of your communities' 200 health and welfare services will be met. That also includes the needs of the national health agencies, and those of the international service agencies. The payroll deduction "continuous giving" can spell C-A-R-E and can "Project HOPE."

In truth, with easy and con-

WHY WAIT FOR THE CFC LEADERS TO COME TO YOU; GO TO THEM AND MAKE YOUR COMBINED FEDERAL CAMPAIGN CONTRIBUTION.

venient payroll CFC deducting, the fortunes of the United Crusade agencies become most predictable. And Naval Hospital campaign officials predict that you will end up with that warm and giving feeling . . . again in 1973!

PT/OT Holds First Graduation

The first class of the Physical and Occupational Therapy Technician School, Naval Regional Medical Center, Oakland, Ca., graduated 28 students today.

The course consists of 28 weeks of classroom instruction and clinical application followed by an additional four months' internship under the supervision of qualified physical and occupational therapists at naval hospitals throughout

the United States.

Although these students will be the first graduates from the school in Oakland, they will not be the first Navy-trained PT/OT technicians. The National Naval Medical Center, Bethesda, Md., has been training physical and occupational therapy technicians since 1946. The combined efforts of the two schools will help meet the growing demand in all Navy hospitals for trained technicians.



FIRE PREVENTION WEEK is October 7 through 13 as well as the other 51 weeks of the year. Mr. Stuart Beck, Crew Chief of the NHO fire department, and Mr. Don Culbertson, Fire Fighter, had many volunteer fire fighters from enlisted quarters passing out pamphlets on fire safety.

Issue of U.S. Naval Institute PROCEEDINGS Commemorates Centennial

The October 1973 issue of the U.S. Naval Institute PROCEEDINGS has been designed to become a collector's item. The anniversary issue takes a warm and witty look at the first 100 years of the U.S. Naval Institute, the Navy and the Nation, while continuing its traditional role as a lively forum for the exchange of professional ideas.

Single copies of PROCEEDINGS are \$1.50, and may be secured from United States Naval Institute, Annapolis, Md. 21402.

Make Plans Now For Christmas Bazaar

If you think you have heard faint murmurs of "Jingle Bells" lately, you are probably receiving "vibes" from the Officers' Wives' Christmas Bazaar Committee. Plans for the third Christmas Bazaar have already been made and the date to circle on your calendar is Friday, November 16.

The bazaar will be held at the "O" Club from 3 to 6 p.m. Arts, crafts of every type, and baked goods will afford shoppers a great opportunity to get their shopping done early for Christmas of '73. Proceeds from the bazaar will go to the various projects supported by the "O" Wives Club, i.e., base nursery, pediatric clinic and ward, soldiers', sailors', marines' fund.

EVERYONE is invited.

The chairwomen of this year's bazaar are Meme Asserson and Ellie Hogan. They report that they would be most pleased to receive donations or items on consignment. All consignment items must be valued at \$3.00 or more. No white elephants, please. Twenty-five per cent of consignment items will go to the club.

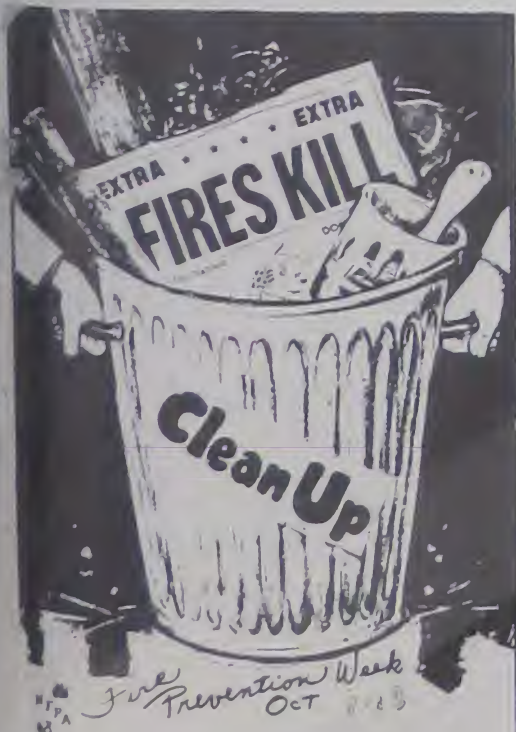
The Enlisted Wives' Club will also have a booth. Proceeds from their booth will go to their club. This is truly a station affair project. Bring your goodies and your money on November 16 and join in the fun and friendship.

Watch THE OAK LEAF for a reminder of pickup and delivery times and dates. Call Meme Asserson, 635-1977, or Ellie Hogan, 638-6704 for more information.

7 Years' Meritorious Service Recognized

Naval Hospital, Oakland, has been awarded the Meritorious Unit Commendation by Secretary of the Navy John Warner, attesting to outstanding services rendered from January 1, 1966, to March 31, 1973. All personnel attached to this command in a duty status during the period prescribed are eligible to wear this award, effective immediately.

The big day scheduled for the presentation of the award in public open ceremony, however, is set for October 25, at which time there will be an All Hands personnel inspection.



The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrinis, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM1 M. E. Smith

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives Armed Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627

+ CHAPLAIN'S CORNER +

As staff members of this hospital, we are often faced with long hours, the pressures of crisis intervention and contact with people undergoing tremendous physical and emotional stress. We depend on one another in our various skills and specialties. Unfortunately, we sometimes take accessibility and talent for granted, and at some point of mistake, the only response is a negative one. On some occasions the only word from a patient comes in the form of a complaint.

The following reminder appeared in the current issue of "Guidepost": "One day some years ago, while working in a busy department store, the customers seemed unusually demanding. I felt harrassed and over-worked. My smile and my patience were wearing thin when it happened. A man I had been serving thanked me for my kindness. Then he handed me a card which read: 'People are hungry for a little praise for good work done. Make someone happy each day by giving them a sincere compliment.' In large print were the words: GIVE THE ROSES NOW!"

LCDR J. R. PERDEW, CHC, USN

Hail & Farewell

ENLISTED REPORTING:

From Nav Hospital Corps School, San Diego, HAS Crisostomo Salamanca, John Miller and Michael Sanchez; HN James J. Gillis.

From Nav Hospital Corps School, Great Lakes, Ill., HAS Sandra Hild, Shirley Alexander, Virginia Fox, Sharon Newell, Jeanne Schutze.

From Nav Dental Cen, Nav Sta, San Diego, DAS Teresa Olenick and John Lajara; DT3 Stephen LaCroix.

ENLISTED DETACHED:

To Nav Reg Med Cen, Guam, HM2 Harvey Simpkins.

To USS RANGER (CVA 61), HN Gary Dostalek.

To Nav Reg Med Clinic, Pearl Harbor, HI, HM2 David Beck.

To 3rd Mar Div, FMF Pac, Okinawa, HM1 Arden Short.

RELEASED TO INACTIVE DUTY IN NAVAL RESERVE:

HM3s James Adams, Jr., Walter Swier and Charles Swearingen; HM2s Terry Ware, George Maillard, Kelly Odonnell, Max Carroll

and Lawrence Cornwell; HNs John Beslan-witch, Alvin Smith, Richard Klotz and Donald Keough; HM3s Ronald Giacoletto, Bobby Ring and Bruce Robinson; HA Susano Amodia, Jr. DISCHARGED FROM USN:

HN Laura Hobbie, DT3 Kathryn May, HA Barbara Smith, SDSN Glen Sarmiento and HN Andrea Bunda.

Born at . . .

Naval Hospital on Sept. 11, 1973, Lucia Des Champs Bauknight, 7 pound, 13½ ounce daughter of Harriette W. and LCDR Remsen S. Bauknight . . . on Sept. 25, 1973, Tawnya Michele Evans, 7 pound, 7½ ounce daughter of Terry Lee and HN Richard Evans . . . on Sept. 30, 1973, Daniel Charles Bliss, 7 pound, 15¼ ounce son of Dianne Elizabeth and LT Donald Lee Bliss.

THE SHORT SHEET

Conservation Sought On Voluntary Basis

BuMed is urging that personnel assist in the national energy conservation effort by reducing lighting in public spaces and office areas where possible and by voluntarily adjusting thermostats to a cooling range of 76 to 78 degrees and a heating range between 70 to 74 degrees.

Navy Exchanges To Offer Birthday Specials

The Navy Resale System will mark Navy's 198th birthday by offering savings from 15 to 40 per cent below regular prices for one week October 13 through October 20.

Equal Opportunity Recognition Accepted In Name of Navy

The Dorie Miller Award, presented annually for outstanding contributions to the welfare and progress of Black American citizens, was awarded to ADM Elmo R. Zumwalt for the progress made in the equal opportunity programs during his tenure as Chief of Naval Operations. He accepted the award "In the name of all those who have made it possible . . ."

Obligated Service Requirements for NESEP Changed

The Navy Enlisted Scientific Education Program now sets forth that an individual now incurs an obligation of at least 4 years instead of 6 to get into the program, and upon graduation must serve at least 5 years on active duty. (For further details check with your Career Counselor.)

AT PRESS TIME, PERCENTAGES AND EFFECTIVE DATES OF MILITARY AND CIVILIAN PAY INCREASES ARE NOT YET OFFICIAL. A FULL REPORT WILL BE CARRIED IN OUR NEXT ISSUE.

PASS THE OAK LEAF TO ANOTHER READER!!

see your career counselor

the navy

it's more than ships at sea

Building 500 3-1-3, ext 2394
HMC O'Connor or HMI French

RETIREMENT AND YOU

You are in a position, right now, to make a decision which can give you one of the best retirement plans available anywhere. Choosing a career in the Navy is the way to get it.

A Superior Plan

After only 20 years you can transfer to the fleet reserve and begin drawing a retainer check; after 30 years you will become fully retired. The average age of retirement for enlisted men is 42 years; for officers, 45.

The pension you draw is good too. It is between 50 and 75 per cent of your base pay at the time you retire, depending on your length of active duty. For a chief petty officer with 20 years service this now figures out to about \$373.35 per month. That pension doesn't remain stagnant either. There are provisions for raises in order to keep up with increases in the cost-of-living. To get this pension you don't have to pay a penny out of your paycheck into any retirement fund.

Extra Plus Features

Add all the extra benefits a Navy retiree receives and the quality of the plan really comes into focus. When you retire from the Navy you and your family receive continued medical care; commissary and exchange privileges; recreational benefits; educational opportunities; Veterans Administration, social security and tax benefits; and more. No civilian retirement plan anywhere has matched it.

That Second Career

When you retire from the Navy, you may want to begin a second career—you will certainly be young enough to do it.



THE FAMILY OF HMC FRED MATTHEWS shares his reenlistment visiting over coffee and doughnuts with our Executive Officer, CAPT N. P. Kitrinis, MC, USN, and ENS T. H. Sparkman, MSC, USNR, assistant Chief of Operating Services. Chief Matthews works in Security and reenlisted for 6 years.

Also Reenlisting

(and sharing like VIP treatment)

HMC Doyle Bryant of Medical Repair (for 4 years)
HMCS Robert Kaib of Patient Affairs (for 6 years)
HM1 James Amaker detached to the 3rd Marine Division, Okinawa (for 6 years)
HM2 Jerry Batchelder of the PMT School (for 4 years)
HM3 Richard M. Klufta of the Chart Room (for 6 years)
HM1 Jerry Koonce (for 4 years and first reenlistment from our new PT OT Tech School)
HM1 Hugh Taylor of Patient Affairs (for 4 years)

Reenlistment

MARCHES IN STEP WITH YOUR INTERESTS

Who's Been Doing What . . .

ANY Ole' Time



CUT THE PIECES SMALL, please, so that all PMT graduates and their guests may be served. Mrs. Carole Williams helped her husband HMC B. G. Williams, class adjutant, and HMI D. H. Hiskin, USCG, class valedictorian, cut the cake at the reception following graduation exercises for 28 preventive medicine technicians graduating as Class 67.



Is Fun Time

at the ENLISTED MESS!



CLASS 7309 COMPLETED A 12-WEEK COURSE of basic laboratory technique. Grads are Anthony Lechtenberg, HN; Jimmy Caufield, HN; Jay Kessler, HA; Kenton Very, HA; Prince Wilson, Jr., HA; Kenneth Hall, HN; John Park HM2.

He's Quite A Sailor Is Our



SAILOR OF THE MONTH FOR AUGUST, HM2 Chester Collins, who recently reenlisted for his second tour with the US Navy.

He is an—are you ready?—Electronystagmography Technician in the Eye, Ear, Nose and Throat Clinic. He performs, without routine supervision, tests that are ordinarily conducted by senior technicians. And he does his job so well that the physician and nursing staff have taken note of his skill and manner in caring for patients.

Without the 21 letter title, Chester is an ordinary "good guy" struggling to advance himself. He and his wife, Melissa, are both enrolled in Laney Junior College, Oakland; they met back home in Charenton, La., and have been married for 18 months.

One of Chester's hobbies, ceramics, has given him an edge on planning for Christmas. By combining molds he already has some original pieces ready for gift wrapping. Basketball and flag football are also hobbies.

Watch this spot in THE OAK LEAF some years hence when HM2 Chester Collins becomes an officer in the Medical Service Corps. That is his goal.

EEO Committee To Be Formed

Ramona King, from the Dental Service, has just stepped down as Equal Employment Opportunity counselor after serving 54 months. Being trained to take up some of the chores are Jane Lippincott, Secretary in the Chaplain's office, and Joe Davis, from Public Works. Two more counselors are yet to be appointed.



Ramona King Weldon Miles

Mr. Weldon Miles, of the Laboratory Service, as a collateral duty for the past year has been coordinator of the EEO program at Naval Hospital. He served as counselor for over 3 years. Mr. Miles recently attended two seminars for EEO specialists; one concerned "Labor and Employee Relations," and the other covered position classification and personnel management, so that he might better understand problems which might arise in those areas.

Mr. Miles advises that plans are underway for appointment of a committee on equal employment. The committee will be the "listening ear" for employment complaints from the civilian employees.

Dial exts. 2283/4/5/6 to reach your equal opportunity coordinator should you have an employment problem.

Letters of Appreciation



PROMOTED TO LIEUTENANT
Claudia West, NC
Mary Dumas, NC



ADVANCED TO HM2
Kam Yim Ching
Joe Richards



HN Thomas C. Tucker
7-West
HM3 Paul T. Oswald
Released from Active Duty
HM2 Stephen W. May
Neuropsychiatry Service

NEW TRENDS

Outpatient medical care has become the "darling" of the health care industry. The trend in medical care is from the horizontal patient to the vertical patient. Many factors are responsible for this trend . . . better utilization of a physician's time, less cost to the hospital and the patient, faster recovery rate and the realization that many procedures formerly performed exclusively on an in-patient basis can be performed in outpatient clinics.

Outpatient Service is a diversified element in our health care provision. The service is located on the second floor of building 500 and consists of the primary care clinic, staff sick call and physical examination clinic, emergency room, outpatient record room, outpatient clinical and hospital statistical systems, central appointment desk, and the CHAMPUS office of the health benefits counselor.

STAFF

The service consists of 11 military and 24 civilian personnel with four or more rotating staff specialists. The Chief of Outpatient Service is CAPT Alexander C. Hering, MC, USN, who reported aboard on August 20, 1973, from the Commanding Officer position of the hospital in the USS SANCTUARY. The Outpatient Nursing Supervisor is CDR Vera Harris, NC, USN. The department's administrative responsibility is



CAPT ALEXANDER HERING takes time to look up only briefly from his duties and responsibilities as Chief of the Outpatient Service.

performed by LT Michael Drobot, MSC, USN, Head, Regional Outpatient Administrative Services Department.

PRIMARY CARE CLINIC

The primary care clinic is the general walk-in clinic for our hospital. Patients without appointments visit for any medical problem they may have—from colds to psychiatric advice. Many referrals to our specialty clinics originate here. Currently, the clinic is manned by four physicians during the day, and two at night, a nurse screener, enlisted paramedical assistants and Winifred Campini, log-in clerk and receptionist.

The primary care clinic averages 225 visits each day. The clinic works very closely with the emergency room, pediatric clinic and the staff sick call and physical



THE BLUE AND WHITE PLASTIC CARD, when presented to HM3 D'Ann Owens at the reception window, identifies Mrs. Ronald Verhage's entitlement to outpatient service.



LCDR SUE McCUMBER POINTS OUT that "Primary Care Clinic" is the proper name for that busy operation on the second floor west wing.

examination clinic. The extensions to call for primary care clinic information are 2239, 2346 and 3973.

STAFF SICK CALL AND PHYSICAL EXAMINATION CLINIC

The staff sick call and physical examination clinic operates our sick call for all military and civilian staff from 8 to 9 a.m. and 1 to 2 p.m., Monday through Friday. At other times sick call is held in the emergency room.

The physical examination section handles all required physicals for our military and civilian staff. These include active



SHE LOGS THEM IN. Ever-patient Winifred Campini reaches for a data card and helps keep the lines moving.

duty annual physicals, release from active duty physicals and civilian employment and annual physicals. The section also provides necessary physicals for retired personnel and their dependents as well as special Federal Government physicals. Some physicals in these categories are school, athletic, FBI, Naval Academy and Operation Deep Freeze. The clinic also provides immunizations for the military and civilian staff as well as active duty and dependents' foreign country immunizations. The extensions to call for staff sick call and physical examination clinic are 2366 and 2367. Appointments are made by dialing 639-2133. The clinic is staffed by LT Robert N. Powell, MC, USNR, the clinic medical officer, Chief Alex Lewis, Chief Petty Officer for the Outpatient Service, HM1 Joseph Leary, HM2 Honorato Panganiban, HM3 Jack Sleeth and HM3 Jerry Owens. Mrs. Millie Lumley is the clinic secretary.

EMERGENCY ROOM

What is an emergency? A good definition of an emergency situation is any illness or injury that may cause loss of life or limb or serious complications if not treated immediately. In consideration of this definition, all cases involving recent trauma, fractures, severe bleeding, acute chest or abdominal pain, poison injection or overdose and asphyxia are treated in the emergency room.

It is the only clinic that remains open 24 hours a day and is always staffed to handle any crisis. The emergency room is staffed by three experienced nurses, LCDR Roberta N. Graham, LT Ellen M. Luckus and LTJG Ervin L. Ames, in addition to eight hospital corpsmen, who assist the medical staff: HNs Linda Anderson, Harold Lease and Thomas Daukins, and HAs William Heady, Kenneth Corino, Kenneth Owings, Richard Johnston and John Olusczak.

Two rotating interns are also assigned to the emergency room on a monthly basis.

Outpatient Service

By LT M



A CALL FOR IMMEDIATE responds to that unforgotten Ervin Ames and HM Dale.



IT IS NOT BUSINESS which amuses Chief Alex Lewis and LT Michael Drobot at one point of their conference (?) in Staff Sick Call.

OUTPATIENT RECORD ROOM

The outpatient record room houses about 70,000 active medical records. Record room personnel are to insure that all medical documents, including narrative summaries, consults, X-ray and laboratory reports and clinic visits



KATHY BLACK AND HEDY GODDARD make the new terminal digit charts for Outpatient Service.

At Your Service

SC. USN



Emergency Room crew 70 times each day. LTJG [name] sharing the duty.

are assembled in the correct patient's record. They also pull and deliver medical records to the clinics for each patient having an appointment the following day. Personnel included in this operation are Mary Phipps, Supervisor, Madge Noe, Glenda Byers, Katherine Jones, Bob Littleton and Janice Mudge, file clerks.

The persons responsible for filling in and issuing Hospital I.D. embossed cards and new terminal digit charts are Hedy Goddard and Katherine Black.



REGISTERING COFFEE IN POT, OR WAVE LENGTHS? LT Robert Powell listens for gurgle vibrations with HA Iris Otero during a pause between caring for patients.

CHARTROOM SUPERVISOR Mary Phipps and HN "Joe" Wiker keep busy supplying requested charts—about 1,000 daily.

Gladys Mitchell, Betty Hallinan, Vi Mullen, June Sargent and Prudence Vukman. The numbers

FUTURE EXPANSION

Two new and innovative programs have been undertaken by the outpatient department to better the effectiveness of our outpatient clinic health care delivery system.

The first is an expanded central appointment desk that will have the capability to schedule appointments for all our clinics as well as specialty clinics at branch dispensaries. The system will consist of an 80-inch mechanized rotary tier having all appointment schedules and new telephone equipment (similar to the equipment used by airlines reservations desks) which will automatically hold calls while playing a recorded message and direct the held call to the first open line for quick, efficient appointment service.

The second project is a central outpatient dictation system. This system will enable clinic physicians to dictate their outpatient visits, thereby saving their time for patient care. The system is planned as part of a centralized outpatient-inpatient, radiology and laboratory dictation system. The resultant typed record will be a welcome change from the current, hand-written record. It will also make records more compact for filing, reproducing and mailing.



THE CENTRAL APPOINTMENT OFFICE has six operators and a supervisor keeping busy making some 3,000 appointments weekly. Gloria Grasso, Lillian Winfield, Supervisor, and June Sargent are shown manning the phones and checking the appointments' register.

CHAMPUS OFFICE

The CHAMPUS office is located in the outpatient administration complex. Health benefits counselors are LT Michael Drobot and Joyce Bradley. Together they attempt to satisfy the very large and ever increasing demand for CHAMPUS assistance and information. Fifty-five per cent of BuMeds budget went into CHAMPUS payments last year. A counselor can be reached at 2041, 2042.

CENTRAL APPOINTMENT DESK

The central appointment desk, located in building 38, makes approximately 80 per cent of all hospital clinics appointments. Approximately 600 to 800 appointments are scheduled each day... a busy schedule for Supervisor Lillian Winfield, Assistant Supervisor Gloria Grasso and appointment clerks,

to call for an appointment to most of our clinics are 639-2133 or 639-2191. The appointment desk is scheduled to move into larger and more comfortable quarters at the end of this year.



WHICH IS THE REAL Millie Lumley? Perhaps it depends on the amount of work on her desk.



CHAMPUS LADY, Joyce Bradley

The Office of Employees' Compensation provides requests for medical treatment for employees injured on the job and medical record transfers which are accomplished by Jo Jones who also fills in on the correspondence section. You can call her at extension 2043.

Insurance requests for medical information and the hospital statistics responsibility are performed by Lee Harmon. Her extension is 2043.

The military in the record room are HM3 Richard Klufta and HN "Joe" Smith. They greet walk-in patients and pull their records for visits to our primary care and other clinics.

Who's Been Doing What . . .

Attack Aircraft Carrier Attacked By Females?



RANGING FAR FROM BASE—NH Elaine S. Presutto, HA Julia A. Rishling, ENS Leslie M. Oliveria, NC, USNR, LT Mary A. Southerland, NC, USNR.

A different touch was added to the Medical Department aboard the USS RANGER (CVA-61) during her recent transit from the Naval Air Station Alameda to the Long Beach Naval Shipyard for a two and one-half month overhaul period.

The "woman's touch" was given by LT Mary A. Southerland, USNR, ENS Leslie M. Oliveria, USNR, Hospitalman Elaine A. Presutto, USN, and Hospitalman Apprentice Julie A. Rishling, USN—All from Naval Hospital Oakland.

The female representatives assisted RANGER's Medical

Department in providing medical care and support to Rangemen and their dependents during the overnight voyage. They worked with their male counterparts in the treatment rooms, and, of course, issued many sea-sick pills.

For their efforts, the women were made honorary Rangemen, presented RANGER identification cards and given pictures of the USS RANGER by the Senior Medical Officer, LCDR Robert A. Margulies.

Upon arrival in Long Beach, the women were provided transportation back to the Bay Area aboard RANGER's C-1A transport.

Good Conduct Awards

are issued in

recognition of

faithful, zealous and obedient naval service.

Awards were received by
HMC Fred Matthews (third award), Security Branch
HM2 Christopher Fabri, Branch Dispensary, Moffett Field
HM2 John LeBlanc, PMT Student
HM2 Roger Versluys, PMT Student
HM3 Richard Meek, OR Student

AN ECHO OF HOMECOMING



LCDR Thomas B. Latendresse

CDR Edward D. Estes

CAPT Verlyne W. Daniels

IT IS A DIFFERENT KIND OF HOMECOMING when "our" Ex-POWs return to Naval Hospital to receive their many honorary awards, medals and promotions. Maybe recent homecomings for the three officers pictured should be nicknamed "Operation Recognition."

Also still returning to NHO from time to time from convalescent leave (in addition to the three above) are ex-POWs:

LCDR Everett Alvarez, Jr., LTCOL Harlan P. Chapman, LCDR Robert J. Flynn, LT Kenneth H. Higdon, CDR Theodore F. Kopfman, LT Roger G. Lerseth, LCDR William L. Shankel, LCDR Henry D. Lesesne and SGT Roy Madden, Jr.

JANGO classes
will start October 27.

Deadline for
applications is
October 20.

Call ext. 2196
for details.

In The Navy Tradition



BE IT KNOWN THAT . . .

CAPT Verlyne W. Daniels, USN, is a single man, but it took the helping hand of his girl friend Julie Gary to help hold all the awards which he received at that ceremony held recently in the Admiral's office. Her mother, Mrs. William Gary, is in the background.



ENS MEL GOODLOE, MSC, NRMC Enlisted Personnel Officer, and Mr. Ben Nelson, Building and Grounds Manager, Public Works, were two of the hard-working staff members receiving letters of appreciation for dedication during Operation Homecoming. Also being recognized for their devotion to duty during the repatriation of our ex-POWs are LT



Ivan Howard, MSC, NRMC, Personnel Officer; LCDR David Fluharty, CEC, Public Works Officer; LCDR Emery Hatch, MSC, NRMC Dispensary Administration Liaison Officer; LCDR Adam Antonopoulos, MSC, Food Service Officer; CDR Martha Springer, MSC, Dietician.

They Earn A 'Well Done'

Also receiving Letters of Appreciation and the Traditional Navy "Well Done" for performance at Operation Homecoming:

Steven Baker, HN

Bruce Long, HN

Vancio Bambico, Jr., DT2

Richard Rozelle, HN

Russell Bethel, SM2

Everett Sullens, Jr., HN



LCDR Leonard M. Campbell
Radiology Residency Completed



HIS HEAVY FOOT on the bike pedals gained recognition from the President's Council on Physical Fitness and Sports for HMCS Paul Lightfoot. Under the U.S. Navy's Health Fitness Program he is now a member of the 1,000 miles and 1,000 points Cycling Club.

Movie Schedule

Friday, October 5	Friday, October 12
SANTEE—Glenn Ford, Michael Burns—Action Western (PG)	A DOLL'S HOUSE—Claire Bloom, Anthony Hopkins—Drama (G)
Saturday, October 6	Saturday, October 13
HANDS OF THE RIPPER—Eric Porter, Jane Merrow—Horror (R)	BEN—Lee Harcourt Montgomery, Rosemary Murphy—Suspense Horror (PG)
Sunday, October 7	Sunday, October 14
WHAT BECAME OF JACK & JILL?—Vanessa Howard, Mona Washbourne—Drama (PG)	THE BURGLARS—Omar Sharif, Dyann Cannon—Suspense Drama (PG)
Monday, October 8	Monday, October 15
NO MOVIE.	FIVE FINGERS OF DEATH—Lo Lieh, Wang Ping—Action Drama (R)
Tuesday, October 9	Tuesday, October 16
FUZZ—Burt Reynolds, Raquel Welch—Comedy Drama (PG)	JOE KIDD—Clint Eastwood, John Saxon—Western (PG)
Wednesday, October 10	Wednesday, October 17
BADGE—Robert Duvall, Verna Bloom—Crime Drama (R)	THE DAY OF THE JACKAL—Edward Fox, Alan Badel—Suspense Drama (PG)
Thursday, October 11	Thursday, October 18
BROTHER SUN, SISTER MOON—Alec Guinness, Graham Faulkner—Historical Drama (PG)	WALKING TALL—Joe Don Baker, Elizabeth Hartman—Action Drama (R)



SIX ADVANCED TO HM3 are L. Watkins, H. Razey, M. Caldwell, J. Papke, D. Hooper, and S. Rasmussen, shown with the Acting Executive Officer, CAPT Melvin Borowsky.

Drive Alive words to live by

During the past five years, 24,293 people might be alive today . . . if they had exercised good driving habits. Please drive defensively, buckled up and sober. If you want to be a statistic, be one of the 12,550,000 people that . . . "Drive alive."

Every week in California is Traffic Safety Week . . . if you make traffic safety a part of your everyday thinking . . . and drive alive.

WHAT IS YOUR SAFETY ATTITUDE?

Whether driving, walking or biking a bad driver attitude can lead to a serious accident.

SENIOR LIFESAVING COURSE

STARTS OCTOBER 16, 1973

All staff members and their dependents are eligible for the 10 lesson series. Signup is on day of first lesson at 5 p.m.

WALK SAFELY

In or out of a car, character traits show up basically the same. A rhyme taught in kindergarten still has value. It goes,
Stop, look and listen
Before you cross the street.
Use your head, use your eyes
And then use your feet!

Scenes by the Sideline

by Ron Brown

FLAG FOOTBALL

OB-GYN IN SLIM LEAD

OB-GYN has taken over undisputed possession of first place in the 1973 flag football league by virtue of wins over OR (26-0), NP (32-6), Pharmacy (12-6).

Holding onto second, one game back, is OR with a 3-1 record.

September 20, Pharmacy defeated NP by a score of 24-0, with Jerry Kolling paving the way with two touchdowns and also catching a pass to set up another score by way of pass route with Clarence Moultrie's hitting Dave Heston good for 35 yards. All scoring came in the first half. Unable to score the all important P.A.T., Pharmacy led at half by a score of 18-0. With 5:30 left in the game, Moultrie connected with Ed Phillips on a 35-yard pass play to round out Pharmacy's scoring.

Game of Sept. 24

Dental, after leading 14-6 at half, came back with 14 more points in the second half to defeat NP by a score of 28-6.

Britt Blume provided the scoring punch as he scored two touchdowns in the first half on runs of 19 and 15 yards.

Blume also passed to Craig Rappaport for the P.A.T. on the second touchdown to give them the 14-6 half time lead.

NP's only score came in the first half but with only 50 seconds left, Rock Oxenford skirted around end for 3 yards and pay dirt. Their try for extra point failed.

In the second half, Blume scored again on a 12-yard jaunt with 8:40 left in the half, and with 16

seconds left in the game, Blume connected on a 20-yard pass to Allen Campbell for Dental's second TD in the final half.

Blume also passed to Nick Newby for the P.A.T.

Game of Sept. 25

OR 12—Pharmacy 0

OR stayed on the heels of OB-GYN as, with 3:10 left in the first half, Brad Cone found Don Phillips alone in the end zone and connected on a 20-yard aerial shot to give OR a 6-0 half time lead.

Defense was the tone of this game as Richard Jones—as the scorekeeper would say it—"Defensively, the Pharmacy stalwarts thwarted OR's offense unit thrice!" And do that they did, as they held off OR from scoring three times inside the 10-yard line.

A word must be said for OR's defense, as they held Pharmacy scoreless all afternoon.

In the second half, Cone connected on a 22-yard down-and-out pass to Joe Montes with 2:50 left in the game for OR's final score.

Feature game of the week was the 26-0 romp of OR at the hands of OB-GYN. Speed seemed to be the difference as the OR secondary was just outrun as Bill McKenzie found John Dalton, Forest Beaty and Don Sims all in the clear for passes of 35, 17 and 15 yards, to give OB-GYN an 18-0 lead at half time.

With 9:35 left in the game, Steve Balz connected with Kevin Kuwada on a 5-yard pass play.

BASKETBALL

Varsity Basketball practice Tuesday, Oct. 9 at the station gymnasium at 5 p.m.

Active duty military staff only!



IT'S AN OLD NAVY CUSTOM when first becoming an officer to pay the first person saluting a dollar. Master Chief Robert Brown rendered the first salute to ENS Allan Stonebraker, MSC, but Chief Richard Ferguson had to furnish change for the payoff.

The Alameda-Contra Costa Medical Association Meeting 1973



The OAK LEAF

The CO of
Naval Hospital
is 100% behind
the CFC!
See your Key MAN
Today



THE SHORT SHEET

Multiple Use of Bases Urged

A new policy of encouraging greater public use of military installations for nonconsumptive uses, such as hiking, picnicking and nature enjoyment, is being emphasized by the Department of Defense.

Policies On Human Goals Stated In Manual

A new "Navy Opportunity Manual" spells out the policy of the Navy to insure equality of opportunity and treatment for all service personnel irrespective of race, creed, color, sex or national origin (OPNAV Instruction 5350.1 of September 17).

Women To Receive Equal Treatment

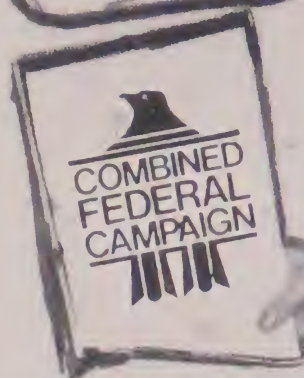
The DOD is continuing its efforts to achieve equality in BAQ payments for women service members; different rules for men and women in the military regarding dependency allowances and BAQ payments are unconstitutional.

Motion Picture Contest Is DoD-wide

For the 5th straight year, military motion picture cameramen and individuals who have filmed news or feature stories are invited to participate in the Military Newsfilm Motion Picture Photography of the Year Competition for the calendar year 1973. Maybe you filmed the POW story, or some happening equally interesting. If so, please check with Special Services for contest details.

NAVAL HOSPITAL'S RED CROSS staff is made up of 10 paid workers who receive a portion of their salary from the COMBINED FEDERAL CAMPAIGN funds

The USO is another of your Combined Federal Campaign recipients; all made possible by donations from you, and you ... and you.



NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 48

Friday, October 19, 1973

KEYMEN RECEIVE THEIR CFC PACKETS

At the kickoff assembly October 16, over 70 key men and women received instructions for the Combined Federal Campaign from CDR Marty Springer, 1973's NHO campaign director. Workers were spurred on with the reminder that the quicker the cards are returned, the quicker will NHO's "fair share" of the goal be met.

Mrs. William Sheaff, a member of the United Bay Area Crusade Board of Directors and Mr. Walter M. Koty, Staff Director of CFC, reported that each contributor can be assured that 92 cents of every dollar goes to the approved agencies; only eight cents goes for administration. Mrs. Sheaff herself is one of 40,000 volunteers who helps make the annual drive a success.

Only the individual, however, can gauge what "fair share" giving means. As a guideline, if giving one hour's pay per month, for the GS-1 it could mean that about \$2.40 of his \$2.61 (per hour) contribution would benefit the agencies directly; for the GS-16, about \$15.64 of his \$17 (per hour) salary would go to meet the needs.

Then, taking the hourly fair share and multiplying by 12—it simply gives a starting point for your thinking. Next, pick up a pen, sign your name to a payroll deduction authorization—your thinking has been put into action.

WHAT SERVICE OR BRANCH WILL BE THE FIRST TO GO 100 PER CENT FOR CFC?

USO TOURS WARDS



A PATIENT on 7-West, Doug Schmidt, OSSA, is receiving all the attention of the USO entertainers.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM1 M. E. Smith

THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives Armed Forces Press Service material. Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ CHAPLAIN'S CORNER +

LAUGHING AT NEW IDEAS!!!!

Many people laugh at ideas that are new, unfamiliar or revolutionary because it is much easier to laugh at them than it is to understand them.

One of our current commercials for a pain reliever promotes their product and this aspect by beginning with inferences such as: "Man was not made to fly; if he were, he would have wings" and "Nothing will ever replace the horse!" Yes, some of us might even remember the phrase "Get a horse!" Intellectual ability was not necessary to make fun of the automobile or aeroplane, but considerable mental power was required to understand mechanical and aerodynamic principles to envision the amazing future of transportation. Teddy Roosevelt once said: "The grandest sport in the world is to champion an unpopular cause when you know you're right."

Hold fast to dreams, for they are an essential ingredient toward success and happiness. Saying it very nicely is the following poem:

"What would we do in this world of ours,
Were it not for the dreams ahead?
For thorns are mixed with the blooming flowers,
No matter which path we tread.
And each of us has his golden goal,
Stretching far into the years;
And ever he climbs with a hopeful soul,
With alternate smiles and tears."

—LCDR ROBERT F. GROTHAUS, CHC, USNR



THE GUYS IN WHITE ARE THE CHIEF GUYS, and they now are designated Chief Legalman Clarence Atterbury, Jr., Senior Chief Hospital Corpsman Benjamin W. Margot, Senior Chief Hospital Corpsman Max L. Coburn, Senior Chief Boatswain's Mate Arthur H. Turner, Jr., Master Chief Hospital Corpsman Franklin M. Sharit.



CHIEF ALEX LEWIS

More Reenlistees Have Counted Their Blessings



HMCS MAX L. COBURN of Laboratory Service, for six years
(third reenlistment)

HM1 JAMES L. FRENCH, Career Counselor, for six years
(third reenlistment)

HM1 JOSEPH T. LEARY, USNR, of Staff Sick Call, for six years
(first reenlistment in USN)

COBURN RECEIVES COMMENDATION

Senior Chief Max L. Coburn, who recently reenlisted for six years received a Letter of Commendation for helping plan and implement regionalization for dispensary laboratories and updating procedures for procurement and workload reporting. His commendation further stated, "Trouble shooting problems, whether they related to personnel, equipment or supplies, was his specialty. . . . He has drawn on his experience to provide imaginative, workable solutions [to routine operations of each section of the Laboratory Service]."



There is a straight line from your

TREASURY SEARCHING FOR BOND OWNERS

Series E Savings Bonds which date back to World War II are sitting in Washington, D.C. and Chicago, waiting for the owners—former American Service members—to claim them.

If a veteran does not have a safekeeping receipt but purchased bonds on payroll deductions while on active duty and has reason to believe any of them are held in safekeeping, he should query

Bureau of the Public Debt
Safekeeping
536 South Clark Street
Chicago, Illinois 60605



TO LCDR for Dr. Robert Lang

Who's Been Doing What . . .



RECIPIENT OF THE ROBERT H. IVY SOCIETY AWARD, CAPT Donald H. McLean, is piped ashore after serving at Naval Hospital since August 1967. Many friends were on hand to express how deeply he will be missed as Head of the Plastic Surgery Branch and to wish him "Smooth Sailing" as he departs.



ON-THE-JOB TRAINING Certificate for Clinical Research Technician, NEC 8581, is presented to HM3 John F. Kuhlenkamp by CDR J. D. Wallin.



ONE OF TWO Medical Service Corps officers—female—in her field in the whole Navy! That would be our own ENS Judy Benny, of Officer Personnel. She is pictured shaking hands with RADM Alene B. Duerk, NC, USN, at last year's Silver Anniversary Birthday Celebration of the MSC at the National Naval Medical Center.



THE SIGNING means promotions finalized for LTs Mary M. Heydon and Leslie M. Oliveria.

LETTERS OF APPRECIATION for work with POWs went to LCDR Patricia Clancy, LT Mary Warne, LTJG Robert Young, LTJG Juanita Campbell and ENS Darryl Williams, Nurse Corps. (below).



Scuttlebutt

For those persons who read their Navy Times weeks late—or don't read it at all—the September 26 issue listed over 100 books on retirement. The bibliography on planning for retirement is listed as DA Pamphlet 28-4

IT IS TOO IMPORTANT TO PASS OVER LIGHTLY, YET TOO LENGTHY TO PRINT IN OUR SIX PAGES, but Navy Times of October 17, 1973, also carried an eye-opening bit of information in an article entitled "Divorce Can Cost Part of Retired Pay Even Ere You Get It."

LCDR Everette Alveraz, Jr., was cornered in Patient Affairs as he made his check-out rounds on October 11. His wedding to Tammy Ilyas will take place in Pittsburgh on March 27. He met Tammy, when she was employed in Passenger Service, United Airlines, Dulles Airport, Washington, D.C., some 7 months ago. Honeymoon spot is a secret, but the couple will be in Texas for a couple of months and the Lieutenant Commander will fly some more; then he expects to enter post-graduate school at Monterey and have that as his next permanent station. A promise was made to send us a wedding picture.

Incidentally two of our ex-POWs were selected for promotion by the last convening board. They are LCDRs Everett Alvarez and Henry Lesesne who will go to Commander along with three other returned prisoners.

Shame on these Oak Leaf-s for not publishing the material received from the Armed Forces Press Service on lawnmower safety. However, it wasn't carelessness which caused the accident which put Fred Taylor, executive housekeeper, in room 700-S with his toes pinned back like a radar antennae. Fred was being very cautious, but his foot slipped, the mower did start to run away; he pulled back in somewhat a reflex action, and ended up with a badly lacerated foot.

APPRECIATION and recognition for efforts during Operation Homecoming also went to CAPT Rolf W. Steyn, CAPT Geo. A. Conkey, LCDR Chas. B. Slater and CDR Wm. E. Deigman, all of the Neuropsychiatry Service.

Huffman Is Sailor of Month



September's Sailor of the Month, Hospitalman Ronald Dale Huffman, has shown a strong sense of responsibility toward patient care and mission accomplishment. He's Senior Corpsman of the Neurosurgery ward, and his commendation states, "He is quick to grasp new ideas, dependable in the midst of overwhelming work loads, and highly efficient in completing the duties expected of him as Senior Corpsman."

Such professionalism should foretell a bright future for Ronald, who expects to apply to the University of Michigan at Ann Arbor to study medicine when he leaves the service.

Ronald is single, and golf and bowling are hobbies.

USO Brought Sunshine

Enroute to Hawaii with his USO "Utah Sunshine" troop, Eugene Jelesnik and his four entertainers, Susan Ericksen, Connie Sommercorn, Cris Showalter and Linda Almstedt, took a 3-hour stop to bring some of their musical sunshine to the wards. Mr. Jelesnik has had a life-long romance with the violin and has conducted many symphony orchestras, but when he tuned up for some country music, his audience warmed their hands. Susan was also able to relate quite well with her folk music.

This USO troop, sponsored by the USO and the Department of Defense, will spend 42 days at military bases in the Pacific.

Seven Receive Special Awards



PERFORMANCE AWARD went to Myrna Rudman; Suggestion Award, HM2 Gary Burkhartsmier; Special Achievement, Leonard Bastian; Performance, Joseph Thomas; Performance, Jerry Collins; Special Achievement, Anna Taylor; Patent, Charles Ashbelle.



OPERATING ROOM CLASS 7305 graduates are HN Kiesel, Honornan, HNs Cahill, Darden, Downs, Dunford and Solaita, HM3 Kelly, HN Murphy and Robinson.



OPEN HOUSE at the Physical and Occupational Therapy Technician School helped acquaint the public with the West Coast school first established March 26, 1973. On October 5 that school graduated 28 PT-OT 8466 NEC Techs.

Civilian Pay Chart

PER ANNUM RATES AND STEPS

GRADE	1	2	3	4	5	6	7	8	9	10
GS-1	\$5,017	\$5,184	\$5,351	\$5,518	\$5,685	\$5,852	\$6,019	\$6,186	\$6,353	\$6,520
GS-2	5,682	5,871	6,060	6,249	6,438	6,627	6,816	7,005	7,194	7,383
GS-3	6,408	6,622	6,836	7,050	7,264	7,478	7,692	7,906	8,120	8,334
GS-4	7,198	7,438	7,678	7,918	8,158	8,398	8,638	8,878	9,118	9,358
GS-5	8,055	8,323	8,591	8,859	9,127	9,395	9,663	9,931	10,199	10,467
GS-6	8,977	9,276	9,575	9,874	10,173	10,472	10,771	11,070	11,369	11,668
GS-7	9,969	10,301	10,633	10,965	11,297	11,629	11,961	12,293	12,625	12,957
GS-8	11,029	11,397	11,765	12,133	12,501	12,869	13,237	13,605	13,973	14,341
GS-9	12,167	12,573	12,979	13,385	13,791	14,197	14,603	15,009	15,415	15,821
GS-10	13,379	13,825	14,271	14,717	15,163	15,609	16,055	16,501	16,947	17,393
GS-11	14,671	15,160	15,649	16,138	16,627	17,116	17,605	18,094	18,583	19,072
GS-12	17,497	18,080	18,663	19,246	19,829	20,412	20,995	21,578	22,161	22,744
GS-13	20,677	21,366	22,055	22,744	23,433	24,122	24,811	25,500	26,189	26,878
GS-14	24,247	25,055	25,863	26,671	27,479	28,287	29,095	29,903	30,711	31,519

Military Pay Chart

(From Navy Times)

GRADE	UNDER 2	2	3	4	6	8	10	12	14	16	18	20	22	26
COMMISSIONED OFFICERS														
O-10	—	—	—	—	—	—	—	—	—	—	—	—	—	3603 60
O-9	—	—	—	—	—	—	—	—	—	—	—	—	—	3179 70
O-8	—	—	—	—	—	—	—	—	—	—	—	—	2866 80	—
O-7	—	—	—	—	—	—	—	—	—	—	2492 70	—	—	—
O-6	—	—	—	—	—	1483 80	1534 20	1776 90	1867 80	1908 30	2019 30	2189 70	—	—
O-5	—	—	—	1272 90	—	1311 90	1381 80	1474 20	1584 60	1675 80	1725 90	1786 80	—	—
O-4	855 00	1040 40	1110 60	—	1130 40	1180 80	1260 90	1332 30	1393 20	1453 80	1494 00	—	—	—
O-3	794 40	888 00	948 90	1050 30	1100 40	1140 00	1201 20	1260 90	1291 80	—	—	—	—	—
O-2	692 40	756 60	908 70	939 00	958 80	—	—	—	—	—	—	—	—	—
O-1	600 90	625 80	756 50	—	—	—	—	—	—	—	—	—	—	—
COMMISSIONED OFFICERS WITH OVER 4 YEARS' ACTIVE SERVICE AS ENLISTED MEMBERS														
O-3	0	0	0	1050 30	1100 40	1140 00	1201 20	1260 90	1311 90	—	—	—	—	—
O-2	0	0	0	939 00	958 80	989 10	1040 40	1080 60	1110 60	—	—	—	—	—
O-1	0	0	0	756 60	807 60	837 90	867 90	898 50	939 00	—	—	—	—	—
WARRANT OFFICERS														
W-4	—	—	—	—	—	1009 50	1080 60	1130 40	1170 60	1201 20	1241 10	1282 20	1381 80	—
W-3	—	—	—	807 60	817 50	877 50	928 50	958 80	989 10	1010 80	1050 30	1090 50	1130 40	1170 60
W-2	644 10	696 60	696 60	717 00	756 60	798 00	828 00	888 00	918 90	948 90	979 20	1018 80	—	—
W-1	536 70	615 60	615 50	566 60	696 60	726 90	756 60	787 50	817 50	847 80	877 50	908 70	—	—
ENLISTED MEMBERS														
E-9	0	0	0	0	0	0	919 20	940 20	961 50	983 70	1005 30	1025 10	1079 10	1183 80
E-8	0	0	0	0	0	771 30	792 90	813 90	835 20	856 30	877 20	898 80	951 30	1057 50
E-7	538 50	561 10	602 70	623 70	645 30	665 70	686 70	708 30	740 40	761 10	782 40	792 90	846 00	951 30
E-6	465 00	507 30	528 30	550 20	571 20	592 20	613 50	645 30	665 70	686 70	697 50	—	—	—
E-5	408 30	444 60	465 90	486 30	518 10	539 10	560 70	581 10	592 20	—	—	—	—	—
E-4	392 70	414 60	438 60	473 10	491 70	—	—	—	—	—	—	—	—	—
E-3	377 70	398 40	414 30	430 50	—	—	—	—	—	—	—	—	—	—
E-2	363 30	—	—	—	—	—	—	—	—	—	—	—	—	—
E-1	326 10	—	—	—	—	—	—	—	—	—	—	—	—	—

ABOVE ARE the new rates of active-duty basic pay. Pay of O-9s and O-10s and of service heads (which otherwise would be \$3976.20) is limited to \$3000 a month by other law. Pay of the enlisted head of each service now is \$1439.10 a month. Reserve drill pay is 1/30th of the corresponding active pay.

Not Too Late To Start Class

"Everything you wanted to know about good grooming, but thought you were too young to find out," is now available to gals from the age of 7 to 14 years of age, at the Teen Center, NAS Alameda, at 4 p.m. every Friday, starting Oct. 19.

Ten fun-filled weeks of etiquette, color coordination, conversation (rap sessions), developing self-confidence and generally knowing and liking yourself better will end with a parents' tea and fashion show prepared by the girls.

Tweet Coleman, the wife of LCDR Pat Coleman, will be the instructress. Tweet has 10 years of professional modeling and has taught at John Robert Powers School and has been affiliated with the Dale Carnegie Programs.

Call Special Services, 869-3536 or 865-7656.

More Scuttlebutt

Ernie Sivertson's son David, age 22, is off seeing the world via the pro tennis circuit. Having won the singles in Denmark and doubles (playing with a boy from Berkeley) in Switzerland, he is now in Barcelona, Spain, ready to earn a few more credits before taking off for South Africa.

A group of Chief Petty Officers pulled off a gala, with champagne, organ music, singing, cake and the works, to help Walter S. Montaigne, BMC (retired), celebrate his "75th." On his big day birthday, friends presented him with an exceptionally detailed knot board, a new wrist watch and gifts—and more gifts.

Many of you are familiar with the artistry of Dorothy Tovatt's egg decoration talents. She's displaying them again this year at the Oakland Auditorium Theatre and Arena at the Hollyday's Decoration Program, November 3 to 7, 9 a.m. to 5 p.m. (except the 7th to 3:30 only). You can get more than an eggshheadful of ideas for the season's decorations at that affair, and it's free.

Naval Aerospace Recruits Medical Officers



THE FOUR OFFICERS SHOWN ABOVE helped "sell" a few interns from NHO on aviation medicine during a visit last month to Pensacola, Fla. Shown are Navy Medical Corps CAPT William L. Meehan, left, who discussed recruiting of doctors for flight surgeon training with them, along with REAR ADM Oscar Gray, Jr., Commanding Officer, Naval Aerospace and Regional Medical Center; CAPT Robert C. McDonough, Commanding Officer, Naval Aerospace Medical Institute; and CDR W. T. Morioka. Doctors Meehan and Morioka escorted 48 interns from Naval Hospitals Oakland and San Diego on a tour. Marine helicopters took the 50 doctors to and from the deck of the Naval Air Training Command's aircraft carrier USS LEXINGTON in the Gulf of Mexico as part of their introduction to aviation medicine. Eighteen interns expressed interest in returning to Pensacola next year for flight surgeon training and ultimate assignments to Navy and Marine aviation units.



TO FLEET RESERVE
SD2 Richard Venegas



Circle Christmas Bazaar

Whether contributing or buying,
if you need information,
phone Meme Asserson, 635-1977.

Nov.
16

Representative to the Commanding Officer.



Several Recognized With 'Well Done'

The efficient processing of repatriates' records, the installation of supplies and equipment, the security requirements for extreme confidentiality, the administering of therapeutic rehabilitation for the POW returnees required an extra selfless devotion to duty. For this dedication, the Commanding Officer, through letters of appreciation, has paid special recognition to:

Yeoman Second Class Mary Nanna
Hospital Corpsman Third Class Mark Colling
Hospital Corpsman Third Class Lee Gilson
Hospital Corpsman Third Class Pak Wing Tam
Hospitalman David Dixon
Hospitalman Carlos Dominguez
Hospitalman Edmund Goodhue
Hospitalman John Hanson
Hospitalman Mark Moran
Hospitalman Timothy Ryan
Hospitalman Larry Taylor
Hospital Apprentice Terry Harris



GOING RIGHT UP—The new officers' housing quarters are beginning to take shape; walls are going right up, and cement mixers continue to roll, putting in curbing. Probably not ready by Christmas, but Public Works estimates occupants will be in soon enough to have a Valentine's party.

Officer.

The Hot Line to the Exec is still in existence. Call E-X-E-C and leave messages. Administration will try to provide answers to all questions.

RULES FOR PROCESSING EEO COMPLAINTS OUTLINED

The Equal Employment Opportunity Act of 1972 provides civilian employees the right to sue the Secretary of the Navy if they do not receive a final decision from the Secretary within 180 days after filing a discrimination complaint. It is the Secretary's desire that every effort be made by officials to ensure that time-frames for processing complaints are met.

Any civilian employee at this command who believes that he or she has been discriminated against because of race, color, religion, sex or national origin must as a first step in the procedure confer with one of the appointed EEO Counselors within 30 calendar days of the alleged act.

The EEO Counselors and EEO Coordinator then try to resolve complaints informally within 21 days.

If not successful, an investigator, appointed by the Regional Office of Civilian Manpower Management, is given the facts. A conscientious effort is made to assist the investigator to complete the investigation within 30 days.

The Director/Commanding Officer in his role as Equal Employment Opportunity Officer will, within 8 days after receipt of the investigative report, discuss the file with the complainant. If the matter is not settled the EEOO will notify the complainant of the right to have a decision rendered by the Secretary of the Navy.

SENIOR CORPSMAN Gary Wayne Hosick, Neuropsychiatry Service, was commended for quick judgment in an emergency situation which was instrumental in saving the life of a very depressed patient.

No Complaints On BEQ Changes

There's been some noticeable changes made on the second deck of the BEQ the last few weeks, more in character than in numbers. The main innovation has been the removal of the male enlisted personnel in preparation for the ongoing arrival of hospital corps members—female.

Recruitment levels in the Navy have been swinging toward a greater balance of the sexes. Until the female corps on base reaches an approximate 30 per cent of the total enlisted, Naval Regional Medical Center is expecting that the second deck BEQ will fill at the rate of about 10 Waves a month. Most of the corps members will be coming directly from the school at Great Lakes, Ill.

A few male corpsmen were queried concerning any comment they might have about their relocation and concerning how they felt about the shape of things to come at NHO. Response was short and unequivocal. "Wow!"

Never smoke in bed.

Sports Shorts

INTRAMURAL FLAG FOOTBALL LEAGUE

Standings as of Games through

October 17

Teams	W	L	Pct	PF	PA
OB/PED	7	0	1.000	176	38
Pharmacy	5	2	.714	142	64
OR	4	3	.571	108	106
Dental	2	5	.286	84	124
NP	0	8	.000	64	230

NOTE: Playoffs to start: Tuesday, Oct. 23, 5 p.m.—OB/PED vs Dental; Wednesday, October 24, 5 p.m.—Pharmacy vs OR; Thursday, October 25—Championship Game.

WANTED

Women Volleyball Players to form Naval Hospital Women's team. All staff women officer and enlisted active duty personnel are eligible.

Contact RON BROWN
Ext. 2350

Movie Schedule

Friday, October 19

LITTLE CIGARS—Angel Tompkins, Billy Curtis—Comedy Drama (PG)

Saturday, October 20

YOU'LL LIKE MY MOTHER—Patty Duke, Rosemary Murphy—Suspense Drama (PG)

Sunday, October 21

TEN DAYS' WONDER—Anthony Perkins, Orson Welles—Melodrama (PG)

Monday, October 22

VETERANS' DAY—No Movie

Tuesday, October 23

THE NEW CENTURIONS—George C. Scott, Stacy Keach—Action Drama (R)

Wednesday, October 24

BOOK OF NUMBERS—Raymond St. Jacques, Freda Payne—Drama (R)

Thursday, October 25

LOVE AND PAIN AND THE WHOLE DAMN THING—Timothy Bottoms, Maggie Smith—Drama (R)

Friday, October 26

MOLLY AND LAWLESS JOHN—Vera Miles, Sam Elliott—Western (PG)

Saturday, October 27

THE OTHER—Uta Hagen, Chris Udevnoky—Humanistic Horror (R)

Sunday, October 28

MOVING TARGET—Ty Hardin, Michael Rennie—Drama (N/A)

Monday, October 29

KID BLUE—Dennis Hopper, Warren Oates—Western Drama (PG)

Tuesday, October 30

THE WRATH OF GOD—Robert Mitchum, Rita Hayworth—Action Western (PG)

Wednesday, October 31

FOUR FLIES ON GREY VELVET—Michael Brandon, Mimsey Farmer—Mystery (PG)

Thursday, November 1

THE LAST AMERICAN HERO—Jeff Bridges, Valerie Perrine—Melodrama (PG)

Friday, November 2

LIVE AND LET DIE—Roger Moore, Yaphet Kotto—Action Drama (PG)

Hail & Farewell

ENLISTED REPORTING:

From Naval Dental Center, Naval Station, San Diego, DN Frank Morgan and DA Rafael Lozano.

From Naval Hospital School, San Diego, HN John Ahern.

From Naval Medical Training Institute NMMC, Bethesda, Md., HM1 James Robson.

From Naval Reg. Medical Center, Camp Pendleton, HM3 Roger Cathey.

ENLISTED DETACHED:

To Post Graduate School, Monterey, HN Alfonso Pardo.

To Naval Reg. Medical Center, San Diego, HN Robert Walker.

To Third Marine Division, FMF, PAC, Okinawa, HNs Carlos Dominguez and Robert Jenison, HM1 James Amaker.

To USS PYRO (AE-24), HT1 Herbert Dick. Released to Inactive Duty in Naval Reserves, HM2 Nicolas Kenery, Jr., HM3s Tahmi Hall and William Jeffrey, III, Hn Ronald Blosser.

VIETNAM BONUS LAW MAY MEAN \$\$\$

Information on duty dates, residential requirements, payments to next of kin, deadlines for applications and amounts due under bonus laws of certain states for Vietnam veterans is available in the Legal Division.

If you are from Connecticut, Delaware, Indiana, Iowa, Illinois, Louisiana, Massachusetts, Minnesota, North Dakota, Pennsylvania, South Dakota, Vermont or Washington, it might pay off several hundred dollars if you take time to check with Chief Legalman Clarence Atterbury, exts. 2482 or 2483.

Veteran's Day Parade To Be Held In Hayward

The area's Veterans' Day Parade will be held in Hayward on Monday, Oct. 22, 1973, commencing at 10 a.m.

The Fleet Reserve Association will be represented in the parade by Branch 10, Oakland-San Leandro, and Branch 241, Hayward. In a joint venture they will enter a military float and color guard. Their military float took first place honors in last year's parade and they are hoping to repeat this year.

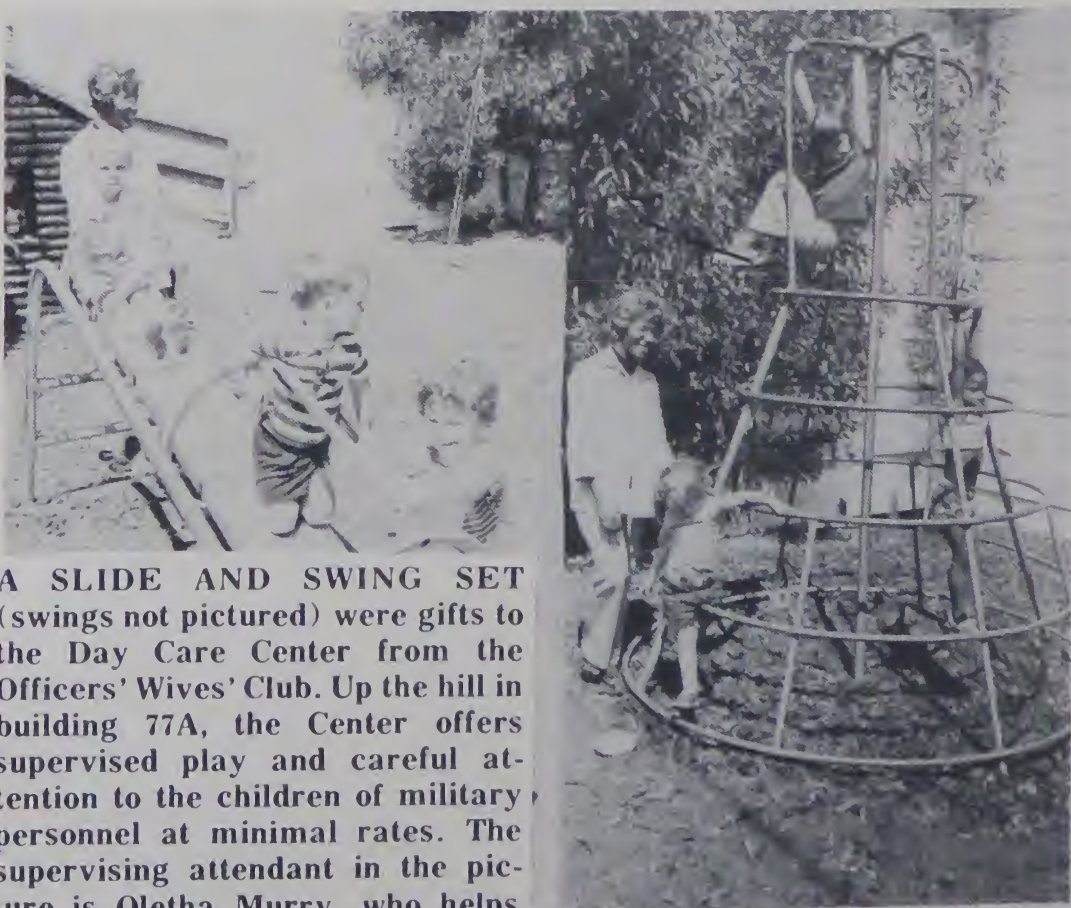
George S. Nilsson, 632-6316, can furnish further information.

Fleet Reserve Will Observe Spook Night

The Fleet Reserve Association, Branch and Unit 10, Oakland-San Leandro, will hold its annual Halloween dinner-dance at the Veterans' Memorial Building, 1105 Bancroft Avenue, San Leandro, on Saturday, October 27, 1973.

Refreshments are from 6 p.m. to 7 p.m.; dinner, 7 p.m. to 9 p.m. and dancing, 9 p.m. to 1 a.m. There will be door prizes and prizes for the best men's and women's costumes (optional).

For further information, contact George S. Nilsson, 632-6316.



A SLIDE AND SWING SET (swings not pictured) were gifts to the Day Care Center from the Officers' Wives' Club. Up the hill in building 77A, the Center offers supervised play and careful attention to the children of military personnel at minimal rates. The supervising attendant in the picture is Oletha Murry, who helps care for about 30 children each average day.



CREW'S LIBRARY is a good place to relax and spend time whether a patient reads the latest magazine or a staff member makes selection of a paperback book.

NAVY RELIEF TRAINING SET

The annual Navy Relief Society training course for Navy Relief is scheduled for the period of October 23 to November 2. Class sessions will be three hours each (9 a.m. to noon) for a total of nine sessions. Classes will be held in room 207, bldg. 2, wing 2, NAS Alameda. The Navy Relief Society will pay for child care at the Station Nursery during course hours.

The course is open to military wives and all hands, men and women, officer and enlisted, active and retired. It is hoped that career counselors, leading petty officers and division officers will take advantage of the course to learn more about Navy Relief and enhance their own counseling ability.

The course will be taught by Mrs. Kenneth Anderson, National Field Representative. Since most of the work done by Navy Relief is administered by volunteers, the importance of maintaining an adequate staff of trained workers cannot be over-emphasized. However, volunteering for Navy Relief is not a prerequisite for the course. During 1972, the wives of service personnel contributed over 21,000 hours to the volunteer work of the Auxiliary.

For additional information, call ext. 2251.

Military Service Record Is Important to Civilians

The recent disastrous fire at the Federal Military Records Center, St. Louis, makes the role of each Federal agency in documenting honorable, military service more important than it has been. If copies of your official, military discharge papers have not been made part of your official civilian personnel file, it is strongly urged that you send copies to Mrs. Harlow, Civilian Personnel, building 73-B. PLEASE DO NOT SEND ORIGINALS—SEND COPIES.

ANY ACTIVE DUTY Military interested in forming a swim team, please contact Dr. Martin at ext. 2232, or Bob Ericsen at exts. 2023/2089.



PIGGY-BACK to the wards is the way Mrs. Floranna Lathrope totes laprobes, sandals, crutch covers and other gifts given to the Red Cross for the patients. "Shorty," as she is known, is one of 75 Red Cross volunteers to be found in any one month working as a personal, clinical or recreational volunteer or ward aid.

The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol. 34, No. 49

Friday, November 2, 1973



NHO Awarded Meritorious Unit Commendation

At Command Inspection, October 25, 1973

It Was Our Day



Rear Admiral R. E. Faucett on behalf of Naval Hospital, Oakland, receives the Meritorious Unit Commendation presented in the name of the Secretary of the Navy by CAPT Vincent P. O'Rourke, USN, Chief of Staff, Twelfth Naval District. A new pennant has gone up on the old flag pole symbolizing that the award is ours to keep and proudly display.



LITTLE SARAH AND KARA were at the All Hands Inspection on October 25, but they paid no attention to whether their dad passed in his gray gloves and shined shoes. Daddy, LT John Martin, is an intern in Medicine right now.



THE SECRETARY OF THE NAVY
WASHINGTON

The Secretary of the Navy takes pleasure in presenting the MERITORIOUS UNIT COMMENDATION to

UNITED STATES NAVAL HOSPITAL,
OAKLAND, CALIFORNIA

for service as set forth in the following
CITATION:

For meritorious service from 1 January 1966 to 31 March 1973, while rendering medical support to the United States combatant forces in Southeast Asia. During this period, Naval Hospital, Oakland, California displayed outstanding skill in planning, directing and coordinating the health care of sick and injured returning from the theater of operations. Despite a 57 percent increase in daily average patient days, the hard-pressed dedicated staff provided enviable standards of health care delivery in responding to the needs of the operating forces. Scientific achievements in medical research, particularly in the development of prosthetic appliances, earned Naval Hospital, Oakland international acclaim. In addition, the staff of Naval Hospital, Oakland assumed a major role in Operation HOMECOMING. Their courage, professionalism and unswerving devotion to duty reflected great credit upon themselves and were in keeping with the highest traditions of the United States Naval Service.

John W. Warner
Secretary of the Navy

FLASH: THE XO, CAPT N. P. KITRINOS, MC, USN, RECEIVES
ORDERS TO COMMAND NAVAL HOSPITAL, ANNAPOLIS, MD.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kitrimos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LTJG D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HNR L. Juschka,
HM1 M. E. Smith

THE OAK LEAF is a semimonthly publication produced commercially with non appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev. July 1958

THE OAK LEAF receives American Forces Press Service material

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + Chaplain's Corner + +

TRIBUTE TO A SLAIN POLICE OFFICER

On October 2nd, David George Guider, O.P.D., was killed tragically when one of our police helicopters crashed due to the pilot being shot by a sniper. During the recent Vietnam conflict, Dave won two bronze stars, the Purple Heart medal and was offered a battlefield commission. Dave was beautiful people and would have been 27 in October. In his memory, I would like to offer the following words of Sacred Scripture from the Book of Nehemiah:

"Nehemiah was cupbearer to the King . . . a vibrant and attractive man, he was a leader of his people and sought to rebuild the walls of their ravaged city, even though men raged against his life. Like all men, he prayed in his lifetime. Some ask God to remember them in their weakness, seeking His mercy. Others cry out in their sorrow, needing His strength. But Nehemiah prayed to God for a different reason . . . (it was the prayer of Dave Guider), 'Remember me, my God, for my happiness.'"

LCDR JAMES C. CLIFT, CHC, USNR

Speaker Talks on VA Benefits

On the evening of November 14, 1973, at 8 p.m. the Oakland USO Club will present a guest speaker from the Veterans Administration who will discuss VA Benefits.

An open invitation is extended to all military personnel and their dependents to come and listen. There will be a question and answer period following this special program. For those who are due to get out of the service within a year's time, it could be to your benefit "to find out what your benefits are."

On the Bookshelf

NON-FICTION

Tracy and Hepburn, An Intimate Memoir. Garson Kanin.
Eleanor and Franklin, The Story of Their Relationship. Based on Eleanor Roosevelt's Private Papers. Joseph Lash.
How to Live With Diabetes. Henry Dolger and Bernard Seeman.
First Things, Last Things. Eric Hoffer.
Poor Russell's Almanac. Russell Baker.
Vagabonding in Europe and North Africa. Ed Buryn.
A Citizen's Guide to Legal Rights. J. Shane Creamer.

FICTION

Dust on the Sea. Edward Beach.
The Drifters. James Michener.
Shadows in Paradise. Erich Maria Remarque.
Message From Malaga. Helen MacInnes.
The Condor Passes. Shirley Ann Grau.
The Nowhere Place. John Lymington.
Operation Chaos. Poul Anderson.
Nemesis. Agatha Christie.

AVERAGE DAILY TOLL of fire in the U.S. is 33 lives . . . 1,486 homes . . . 215 apartment buildings . . . 30 schools . . . 10 churches . . . buildings on 127 farms . . . 215 stores, offices and restaurants . . . and 139 industrial plants. Fire Hurts!

"HAPPINESS IS a way station between too much and too little."

Born at . . .

Naval Hospital, Oakland, on October 23, 1973, Nicholas Francis Geeshin, 7 pound, 15 1/2 ounce son of Ann and LCDR James N. Geeshin on October 24 Marcus Joseph Abramowitz, 7 pound, 5 ounce son of Catherine Marie and HN Joseph M. Abramowitz on October 25, Michelle Joy Saison, 7 pound, 21 1/2 ounce daughter of Consuelo Tuscano and HM1 Roy D. Saison.

EXEC-LINE

* This is a recommendation concerning the cafeteria. The fixed charge for all meals discriminates against those who are trying to maintain a reducing diet. There should be a salad rate that is about 25 cents, such as they have at Treasure Island and most other bases.

The Navy Subsistence Office sets the meal rates for general and hospital messes. These rates are fixed charge rates and the selling of meals on an a la carte basis is not permitted. The reference to the practice at other bases must be referring to the Navy Exchange cafeterias or to the Commissioned Officers' Mess (Open), which have different pricing and selling policies, rather than to the general mess.

* The typewriter in building 501 is off limits to enlisted men, and the Barracks Master-at-Arms informed me that nobody except Security and the Barracks Master-at-Arms are allowed behind the desk. I agree nobody should be allowed behind the desk, but I feel enlisted men should have the privilege of using the typewriter. The privilege hasn't been misused to my knowledge since I have been here. Why have they recently changed the rule?

The typewriter at the Master-at-Arms station in building 501 is for official use only. If all the enlisted men in the barracks were allowed to use the one typewriter, it would not remain functional very long. Nobody but security personnel and designated chow reliefs are allowed behind the desk in building 501.

Hail & Farewell

ENLISTED REPORTING

From Naval Air Station, Kingsville, Texas
DN Harry Oliver, Jr

From Naval Hospital Corps School, San Diego: HAs David George, Randall Thompson, Michael Starks, Robert Nebeling, Jr., William Combs, Andrew Hamer, Kenneth Autry, Mark Burges, James Samuels, Fred Mihalek, Leslie Pierson, Joel Jackson, Herman Reynaga, Ronald Cruz and John Steele; HNs Donnie Gibbs and Terrence Carman

From Naval Hospital Corps School, Great Lakes, Ill: HA Rhoda Pacific

From USS TRENTON (LPDS): HM3 William Holt

From USS PROVIDENCE (CLG6): HM3 Craig Lashmet

From Naval Dental Center, Naval Station, San Diego: DN Carolyn Hodgson

ENLISTED DETACHED

To Student Hospital School, San Diego: HM3 Eduardo Almodovar

To Field Medical Service School, Camp Pendleton, Ca: HNs Ronald Spencer and Colin Smith

To USS HALSEY (DLG 23): HM3 Timothy Haggerty



LETTER OF APPRECIATION for Outstanding Service: HN Daniel Pixley.

To USS TRIPOLI: HMC George W. Haggerty
Released to inactive duty in Navy Reserve: HM2 Gary Hosick, HM3s William Jackson, Harold Johnson, Mark Roussopoulos, Thomas Donahue and Laurence Stearns; HN Daniel Pixley; HM2 Robert Depedro
Transferred to Fleet Reserve: SD2 Richard Venegas and HMC Orland Davis



LETTERS OF APPRECIATION for Operation Homecoming efforts went to HN Timothy Ryan, HM3 Lee Gilson, HN Edmund Goodhue, HN Mark Moran, HN Larry Tayler, HN John Hanson, HA Terry Harris.

Who's Been Doing What . . .



GAY, COLORFUL SMOCKS worn by nurses and aides on the Pediatric Ward and in the Clinic have replaced the usual white uniforms which frequently brought fear to the heart of a child. Twenty-seven garments in patterns appealing to children were made and presented by the Navy Wives' Clubs of America of the Bay Area Council. LTJG D. Sanborn, Mrs. J. Starks, HA C. Hilton and Mrs. V. Cheatom

are shown modeling the new smocks. Making the heartwarming presentation to CDR Loretta Murphy and her staff are representatives from four NWCA Clubs. Barbara Peralta from Mare Island #118; Kay Roberts and Freda Bennett [President] from Oak Knoll #160; Vicki Cartwright, from Treasure Island #168; Colleen Beasley, Skaggs Island #255 and Anne Killian, also of #160.



THE MERITORIOUS SERVICE MEDAL to CDR George M. McWalter, DC, USN (USS RANGER).

Advancements

Operation Homecoming Recognition Is Given



THE NAVY COMMENDATION MEDAL to CAPT John F. Wurzel, MC, USN.



THE MERITORIOUS SERVICE MEDAL to CAPT John W. Davis, MC, USN.



EXTRA THANKS and appreciation for work during Operation Homecoming was also expressed to CAPTs Homer S. Samuels, Carlton J. McLeod and Kenneth E. Brown, of the Dental Corps, and to Civilian Darrell K. Pifer.



THE NAVY COMMENDATION MEDAL to CAPT Edwin B. Miller, MSC, USN (Gold Star in lieu of second award).

Congratulations

- Board Certified
- CAPT. J. DAVIS
- LCDR S. THOMPSON
- LCDR R. JOHNSTON
- LCDR D. WESTBIE
- LCDR A. KISELSTEIN

SEWING MACHINES have been added to the list of authorized items that may be sold by Navy Exchanges.



THE NAVY ACHIEVEMENT MEDAL to LT M. D. Drobot, MSC USN.



THE NAVY ACHIEVEMENT MEDAL to LCDR Richard Horner, MC, USN; LCDR Alan K. Kiselstein, MC, USN; LT Buddy T. Sparks, MSC, USN; D. D. Thorson, MSC, USN; To LCDR Lawrence M. Tierney, MC, USN (not pictured).

ANOTHER YEAR, AND IT'S FUN, FUN, FUN AT TAHOE



Photos by R. Juschka, HN



In the old days, patients of NHO were treated royally by those on the "outside." In the Now Days, patients are still treated royally, but even more so. On October 10, some 30 amputees and other patients and six staff members took off by C-118 plane from Naval Air Station for Lake Tahoe. On arrival, it was to Harvey's Ranch for skeet shooting, pheasant and chukar hunting. (And there are pictures as proof; they got the birds.)

Then a change and it was to Harrah's South Shore Room for dinner and Bill Cosby's show. This year there was no \$2,000 winner at the tables, but there were games, refreshments and fun until the late-early hours, with survivors going into the second day of entertainment. A Lake Tahoe boat ride, a sit-down dinner at Harvey's Dinner Lounge, and more games and refreshments until the plane winged back to Alameda after 8 p.m. the second evening.

The tab? It was picked up by the Vietnam Amputees Golf Tourney, with Joe Bucciarelli, the chairman, arranging all details from the Bay Area and Mr. Harvey Gross, Harvey Resort Hotel, taking care of the troupe from the Nevada end.

SPEAKING BEFORE the Officers' Wives' Club, RADM R. E. Faucett said, "I find that the best producers and hardest workers in the Navy Medical Department also share a happy, well-balanced home life. . . . I do encourage the staff to take their leave regularly and forget the worries and problems of the hospital for a while."

Car Pool Can Relieve Energy Crisis

The President has given all federal agencies the goal of reducing their future energy demands by 7 per cent in this fiscal year.

Naval Hospital staff can help reduce gas bills, save wear and tear on their automobiles and slow the fuel energy drain by forming car pools. To this end, the Administrative Officer has announced that "Staff members interested in contacting each other for the purpose of forming car pools may use the bulletin board adjacent to the Mail Room on the third deck of building 500."

PEOPLE HELPING PEOPLE is C F C . . . **TOGETHER WE WILL MAKE THE DIFFERENCE.**

Nurses in the Spotlight



LT YSELDAH APPLGATE promoted



LT LINDA SCHWICHTENBERG promoted



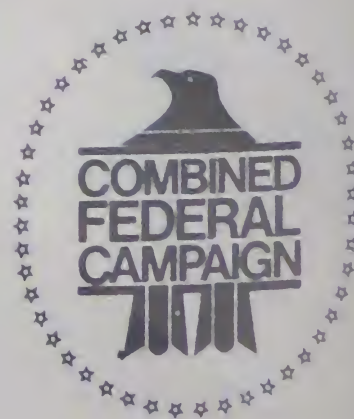
LTJG JOAN BISHOP promoted

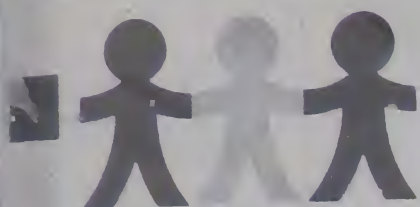
Your Birth Certificate Is Valuable

There are at least three times when having a birth certificate will mean money in your pocket.

One of these is a retirement when lifetime income payments are sheduled to begin under a group annuity or pension plan. Another is when a life insurance policyholder or beneficiary decides to take insurance benefits in the form of a lifetime income. A third is when a man or woman becomes eligible for old-age payments under Social Security.

In all of these instances proof of age is required, and a birth certificate is the most convincing proof of age there is.





TOGETHER WE WILL

Men Invited To Sell and To Buy



HM3 D. LaFLAMME, KEY LEADER on 9-East, and LT J. M. Hadley of Op—spelled with an "h" [but seldom]—thalmology were the two key leaders who at press time had turned in 100 per cent for their divisions to the Combined Federal Campaign. HMI



Mike Lockwood, Pharmacy, expects his Service to go 100 percent soon. Mike was able to collect \$415 in about an hour and a half from his co-workers, and most of the contributions were through the payroll plan.



Bazaar, not bizarre—unless those are the types of items consigned—is the word the Officers' Wives' Club hopes to imprint this year in the minds of the men on base. And to draw their special attention, a table to interest men particularly is being planned for the November 16 Christmas Bazaar to be held from 3 to 6 p.m. at the O'Club.

Used items such as tools, sports, camping, hunting and fishing equipment will be accepted on a consignment basis with 25 percent of the sale price going to the Wives' Club. Women, too, are invited to clean their garages looking for seldom-used items, bowling balls, ski gear or whatever. All consignments should be brought to the Officers' Club between 10 a.m. and 4 p.m. on November 15. They should be priced, and if unsold on the 16th they must be picked up after the bazaar from 6 to 8 p.m.

Meme Asserson, the Ways and Means chairman, is hoping that everyone on base—civilians, enlisted, officers, or Suzy and Tommy with a list for mother, dad, sister, brother—will have their Christmas list made out and show up on November 16.

November 16 is on Friday.

BE PREPARED FOR DANGER



KEYS HELD JUST SO can be a defensive weapon.



A DIME CAN still be a girl's best friend, with which to call for help.



A ROLLED MAGAZINE or newspaper can pack a whallop.



A SHRILL SCREAMER might frighten a would-be attacker.

ANYONE HAVING ANY POSSIBLE LEAD concerning the death of HIN Alton Dean Edwards should get in touch with SGT Karr, O.P.D., 273-3821.

BEWARE OF DANGER

A few cautions and safety reminders should be reviewed.

- If at all possible, travel or walk with a companion.
- Try to park in a lighted area.
- Do not open doors to strangers; if logical, have a peep-viewer on exterior doors of the home.
- Plan ahead what you will do if attacked. Will you scream and resist, or will you yield? (The Police Department has morgue statistics for both reactions, but they advise as to desirability of being prepared.)
- Shoulder strap purses are easily yanked. In dubious areas roll the straps and carry purse close to the body.
- Do not travel with large amounts of money, and keep a separate listing of credit cards.
- Keep car doors locked at all times.
- Do not chance running out of gas.
- Travel familiar streets.
- Even if you have car trouble, do not ride with a stranger. Keep windows rolled up.
- If it appears someone is following you, if in a car do not go home, drive straight to a police department.
- Do not admit unexpected "repairmen" to the home even if they have identification. Verify.
- Be alert with some protective defense: keys between the fingers ready to strike the soft tissue under the chin; a rolled newspaper or magazine with which to strike back; a shriek screamer, non-battery type; an aerosol can, even such as a hair spray; the pointed edge of an umbrella; a hat pin or nail file.
- Always carry a dime with which to dial an operator.
- Never give out information on the phone admitting you are alone or have no husband at home.
- Telephone listings should not indicate female sex.
- Quietly hang up on receiving an obscene call.
- A barking dog can be some protection in the home.
- Keep shades or window drapes drawn at night.
- Ever be alert to danger that can exist even in the best neighborhood.
- Be ever alert!

MAKE THE DIFFERENCE



SPORTS

WRESTLERS WANTED

To form station wrestling team. The best can advance to All-Navy competition.

Call RON BROWN, ext. 2350.

INTRAMURAL BASKETBALL TEAMS

There is still time to get your entry blanks in for the 1973-74 season. Deadline is 12 noon, Wednesday, November 21. You can call in your entry to ext. 2350. Games start November 28.

VARSITY TEAM

Players are still wanted to form the Varsity team. Games start November 13.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION SCHEDULE

- Nov 5-10, 1973, 7-Man Touch Football, 10 a.m., 12ND Championships, NAS Moffett Field
- Nov 13, 1973, Basketball, 7:30 p.m., 12ND Men's League
- Dec 5, 1973, Wrestling, 7:30 p.m., Invitational, NAVSUPACT Mare Island
- Dec 12, 1973, Wrestling, 7:30 p.m., Invitational, CGTRASUPCEN Alameda
- Jan 9, 1974, Wrestling, 7:30 p.m., Invitational, NAS Alameda
- Jan 11, 1974, Boxing, 8 p.m., Invitational, NAVSTA Treasure Island (Schedule to follow)
- Jan 16, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island



ENLISTED PERSONNEL with hearty appetites could have a Thanksgiving dinner on base then make it to Oakland's USO Club, 1205 Clay Street, in time for a 4 p.m. Thanksgiving dinner. On Friday they might wish to attend the turkey trot dance and on Saturday the cold turkey dance. See bulletin boards for other goodies.



THE DOORS TO THIS LOUNGE are open from 8:30 a.m. to 4:30 p.m. Monday through Friday. On the hill above the Bank of America, building 71A, it affords a restful place to lounge, have a cup of coffee or coke, indulge in crafts or games—or generally to find retreat from the stream of the hustle and bustle. The Red Cross Office moved to building 71A last week. The Red Cross is a CFC organization.



HOW LONG since you've dented a fender? These three can boast no accidents; Walter Carter, for 12 years; Irving Coombs, for 21 years; Lucious Moore, for 12 years. They are being presented their awards by LTJG Hadley Hartshorn, Transportation Officer. [Not shown is Willie Adams, who has a safe driving record of 16 years.]

Nautical Term Is No Scuttlebutt

What's in a name? What about names like scuttlebutt, admiral, forecandle and mate? By any other name they might be the same, but their histories wouldn't be nearly as interesting.

One of the most enduring sea expressions is scuttlebutt. Today we think of scuttlebutt as rumor or idle chatter—like the ship's going to deploy on a secret six-month operation in two days. A couple of hundred years ago, however, sailing vessels carried large casks which were filled with fresh water for drinking at the beginning of each voyage and at places where fresh water could be picked up.

This fresh water, by the way, was often more precious than the sailor's grog—also another naval term. The smaller casks that carried the water were known as "butts." The water was drawn from the casks with a spigot which was placed in a "scuttle" (the Anglo-Saxon word for hole). Scuttlebutt meant water cask or, later, water fountain, and since this was the place where men gathered and talked, the term was used from this conversation.

—From All Hands

Check The Lease Before You Sign

Being in the service does not mean that you can move and break your lease whenever you feel like it!

Most people find themselves in a real bind when they present permanent change of station orders to their landlord. Having a military clause in your rental agreement may mean an easier time of things when you do have to make such a move.

Get that military clause in your lease before you sign it. Don't expect every landlord to be reasonable when you get a transfer. He stands to lose income when you move.

Remember that when you sign a lease you are entitled only to those things which are contained in it. What the landlord said he might do doesn't count.

Checking the lease contract with your Legal Assistance Officer beforehand can save you much misunderstanding later.

IT IS UNDERSTANDABLE that for nearly all staff here, Naval Hospital Oakland represents "First Choice" duty station.

Corpsman Stabbed by Unknown Assailant

In this late issue of THE OAK LEAF, the tragic death of Corpsman Alton Dean Edwards on the night of October 22, 1973, is no longer news. A memorial service was held at St. Luke's Chapel on October 26, and yet, even for those who did not know him, there is an aura of disbelief that this stabbing could have happened in the vicinity of our beautiful East Oakland hills.

HN Edwards had been aboard Naval Hospital over 3 years and he worked in the Clinical Investigation Center. His father lived in Morrilton, Ark., and he had recently lost his mother. It is known that HN Edwards, enroute to his duty station for the night watch, got off a bus that turned up Sequoyah Road and started walking toward the hospital. He

was found about 11 p.m. in a pool of blood and was dead of multiple stab wounds when discovered by an Oakland Police Officer. At press time that officer reports few leads; the assailant is still unknown.

A deep dark wine-brown spot on the ground outside the fence near the picnic area still remains a stark reminder that it was there where one of our "own" was so brutally attacked. A reminder, too, that "there but for the Grace of God..." There could have gone you or I.

CHECK WITH PEGGY GRIF-FIN, 568-4421, concerning the Credit Union's Premium Investment Program. Better still, visit the newly expanded offices in the PMT School building.

VETERANS ASK.....

Q—I'm a female veteran and I'm planning to go to college fulltime under the G.I. Bill. Can I claim my husband as a dependent for increased allowances?

A—Yes. A law enacted in October 1972 provides that for VA benefits purposes, "wife shall include the widower of a female veteran."



DUE RECOGNITION goes to DTI John Cooper. He helped mold the first clay-ups for the rigid foam polyurethane splint, a hand burn splint, for which Patent No. 3,703,894 was issued. He received a Letter of Appreciation from the Command. John works in the Dental Annex.

Movie Schedule

- Saturday, November 3
CONFESSIONS OF A POLICE CAPTAIN—Martin Balsam, Franco Nero—Drama (PG)
- Sunday, November 4
CARBON COPY—Robert Hossier, Charles Aznavour—Action Drama (PG)
- Monday, November 5
SLAUGHTER'S BIG RIP-OFF—Jim Brown, Ed McMahon—Action Drama (R)
- Tuesday, November 6
BLINDMAN—Ringo Starr, Tony Anthony—Western (R)
- Wednesday, November 7
40 CARATS—Liv Ullmann, Edward Albert—Comedy (PG)
- Thursday, November 8
BAD COMPANY—Barry Brown, Jill Bridges—Western (PG)
- Friday, November 9
EMPEROR OF THE NORTH POLE—Lee Marvin, Ernest Borgnine—Action-Drama (PG)
- Saturday, November 10
LOOT—Richard Attenborough, Lee Remick—Comedy (PG)
- Sunday, November 11
BARON BLOOD—Joseph Cotton, Ella Sommer—Horror (PG)
- Monday, November 12
AMERICAN GRAFFITI—Richard Dreyfuss, Ronny Howard—Comedy (PG)
- Tuesday, November 13
HELLO DOLLY!—Barbra Streisand, Walter Matthau—Musical (G)
- Wednesday, November 14
HITLER: THE LAST TEN DAYS—Sir Alec Guinness, Simon Ward—Historical Drama (PG)
- Thursday, November 15
SSSSSS—Strother Martin, Dirk Benedict—Horror (PG)
- Friday, November 16
I COULD NEVER HAVE SEX WITH ANY MAN WHO HAS SO LITTLE REGARD FOR MY HUSBAND—Caroline Carroll, Cynthia Harris—Comedy (R)

The OAK LEAF

Vol 34, No. 50

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Friday, November 16, 1973



When THANKSGIVING Arrives, CHRISTMAS Is Soon To Follow



Thanksgiving Menu

Appetizers
Fresh Fruit Cup
Chilled Tomato Cocktail

Soup of the Day
New England Clam Bisque

Entree of Your Choice
The Traditional
ROASTED TOM TURKEY

served with
Oyster Dressing Fresh Cranberry Sauce
Giblet Gravy

CROWN ROAST OF PORK
trimmed with
Candied Apples Corn Dressing

CRISPY FRIED SHRIMP
served with tangy tartar sauce

NEW YORK STRIP STEAK
garnished with simmered mushrooms

Fresh from the Garden
Tossed Greens Assorted Relish Tray

Vegetables
Snow Flake Potatoes
Marshmallow Sweet Potatoes en casserole
Garden Fresh Peas and Carrots
Baked Potato with Chived Sour Cream
Cauliflower au gratin

Oven-Fresh Dinner Rolls

Dessert
Apple pie with a wedge of cheese Pumpkin pie

Fresh Fruit Mints Assorted Candies

Coffee Tea Milk
Soda Juices



RADM R. E. FAUCETT, Mr. Warren Engstrom, Miss Mary Valle, Senator Wm. F. Knowland.

The Veterans Hospitals' Christmas Committee, organized in 1924, having withstood depression, World War II, Korean and Vietnam Wars, having at no time failed to make their goal—of bringing Christmas cheer to our veteran patients . . .

'YOU JUST GOTTA BELIEVE'

" . . . that the year 1973 will be no exception!" So, in so many words, said Mary Valle, known as the Queenpin of the Committee.

Representatives of the Livermore and the Martinez VA hospitals and mentors of the Veteran Hospitals' Christmas Committee were hosted by Naval Hospital Oakland at a strictly social dinner at the Officers' Mess (Closed) on November 8. (The planning committee had already met.) HN Terry Harris, from Houston, Tex., and of Education and Training, entertained at the piano throughout the evening.

The President of the Committee, Mr. Warren Engstrom, announced that already there is \$9,673.81 of a \$21,000 goal in the tills. The larger goal is to make sure that no patients are forgotten when gifts are wrapped and to see that they are entertained by outstanding performers.

Miss Valle paid tribute to the endeavors over the years of Senator Wm. F. Knowland. As a member with much seniority, he has helped greatly in keeping enthusiasm high through publication of a list of all contributors in *The Oakland Tribune*. There are some 1900 organizations and individual "doers" who also help carry out the work of the Committee, giving of their time and money.

About December 15, some 120 volunteers come on base and put up decorations which remain until about December 30. Some of the workers are fraternity members from Cal State and students from Hayward. Some 20 to 25 helpers perform the take-down job.

So again, hospital citizenry may look forward to seeing the hospital beautifully decorated this 1973. And they may know that everyone on the compound, whether patient, civilian or military, can share in the holiday spirit that the Committee plans for and helps provide.

Message from the Commanding Officer

If happiness is judged to be the fruit of freedom and freedom of valour, let us on this Thanksgiving Day acknowledge our debt to those brave and perseverant settlers of this land whose faith, courage and determination gave us the principles we so fervently cherish. Recognizing that what was won in want should not be lost in plenty, let us mobilize a sense of renewed commitment to the ideals of our faith and country and therein perform in all walks of life and in all tasks with reinstalled vigor, determination and belief.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT Nicholas P. Kittrinos, MC, USN, Executive Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HN R. L. Juschka,
HM1 M. E. Smith

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+ + Chaplain's Corner + +

YOU CAN'T RUN AWAY FROM LIFE

This business of living is an immensely complicated matter. From within we are driven by passions, emotions, impulses, vagrant desires and unstable purposes all mixed together in riotous profusion. From the outside there come pressures, temptations, frustrations caused by unexpected disasters and the daily impact of our life with other personalities. The first responsibility of each person is to bring some order out of the chaos which springs up within himself and bears down upon him from every direction. Friends can give advice and society can establish patterns, but basically you must deal with your own life and its problems. You cannot run away from life nor can you run away from yourself.

We may be very sure of one simple principle of practical life: life comes back to you in very much the same package as the one in which you ship it out. If the cause of your difficulty is in any way inside yourself, the cure for it must also be found inside your own thinking and attitudes.

How often we hear it said, "If only I could get into another service!" or "If only I could get out of the Navy!" That is usually nothing more than wishful thinking! No matter where you go, the same principles hold. Angry words and caustic comments will make enemies and antagonize people everywhere. Unwillingness to carry your part of the load will keep you in the doghouse, whether in the Navy or in civilian life. People make their own situations and carry them wherever they go.

The words of Jesus are frequent and emphatic on this point. The merciful will obtain mercy. Those who forgive will be forgiven. Those who hate will be hated. The generous will receive, and the hard-fisted will find the going tough.

The whole matter can be summed up in one of the most profound words Jesus ever spoke: "The kingdom of heaven is within you." Reject the claim of God to the innermost part of your life, and you deny yourself the rich promises of an abundant life in Him. Enthroned God in your life and practice His laws, and you will know the greatest joys life can offer.

CAPT JOHN E. THOMPSON, CHC, USNR,
Senior Chaplain



AT CONCORD, HM2 John Davis, of the Naval Dispensary, discovered fire in the enlisted men's housing. He entered the quarters, made a search for possible victims and extinguished the flames with the use of a garden hose. For which, the Security Officer, CDR Robert Brooks, presents him with a letter of appreciation.

—Official U.S. Navy Photograph

EXEC-LINE FROM EX-EXEC

TO THE STAFF OF NAVY REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA, BOTH MILITARY AND CIVILIAN:

The pressing circumstances surrounding my transfer from this outstanding Command have not permitted me the pleasure of extending my hand in thanks to all of you for your fine cooperation these past 16 months. Mrs. Kittrinos and myself leave the beautiful Bay Area and this hospital with mixed emotions, as you all can very well understand.

In future times and in some other places, when the words and music of "I Left My Heart in San Francisco" are heard by us, be assured that they will have an added meaning.

To all of you, thank you, and continue the fine work.

N. P. KITTRINOS
CAPTAIN, MC, USN
Executive Officer



WHO WILL BE LEFT around the green carpet area to tell the latest jokes now that the XO has gone East?

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, Great Lakes, Ill., HA Deborah Wilson.

From Naval Hospital Corps School, San Diego, HAS Charles Wilson, Gary Best, John Miklik, Robert Sepolen, Mark Gingrich, Timothy Moore, David Almond, Keith Brewer, James Mott, Michael Stafford, Jeffrey Walton, David Dejaegher, Edward Cunningham, Gary Berg, Allen Alexander and Jon Mass; HNs John Chmielinski, Gary Stone, John Colony, Francis Day, Curtis McKinney, James Tobin, Jr., Timothy Flaig and Lester Freeman; HM3 Ray Clark.

ENLISTED DETACHED:

To Counseling and Assistance Center, Treasure Island, San Francisco, HN James Williams, Jr.

To USS CHICAGO (CG-11), DT3 Michael Best.

To USS HANCOCK (CVA-19), HM3 Alan Bailey.

To Third Marine Division, FMF PAC, Okinawa, HN John Richards and HA William Flower.

INVESTMENT LECTURES ARE SCHEDULED

A series of investment lectures on stocks and bonds, tax shelters, mutual funds and the like will be conducted at NHO by Mr. Anthony Davis, Account Executive with Dean Witter & Co., Inc., Oakland.

The first of the lectures is scheduled for December 4 at 4:30 p.m. in the room across from the Clinical Assembly and, depending on the response, an additional five sessions are planned. Future dates will be announced as they can be fit into the holiday schedules.

Military and civilian personnel are invited to attend.



TOYLAND AT THE EXCHANGE is ready for shoppers, and Gloria Deis for several weeks now has been storing purchases in lay-away. Gladys Alford, sales clerk, straightens the ears on Pinkie Mouse and complains that "Some toys just don't know how to stop talking." Eli, for instance, and Pete the Talking Turtle blab a lot. The sales girls are beginning to feel like old friends with the Flip Wilson doll and the Baggy Saggy Elephant. Is that Tigger the Tiger there? Do toys really play at night?

Who's Been Doing What . . .



AT A NOON PARTY, LTJG Ervin Ames and LCDR Sue McCumber shared a farewell cake. LT Ames after 2½ years at NHO is off to Naval Hospital Guam and LCDR McCumber after 4 years is heading for



Naval Hospital Subic. Also bidding farewell and leaving for Subic is LT Jill Corbusier who is sharing her farewell with the corpsmen on 8-West.



THE NAVY COMMENDATION MEDAL to CDR Arthur Pearson.



ADM ROBERT L. BAKER, MC, USN, Chief of OB-GYN, receives the Navy Commendation Medal for his work in Operation Homecoming while at Great Lakes, Ill.

HRO Provides Off-Base Aid

Our Housing Referral Office, located in new offices in building 63-b, maintains a complete, up-to-date listing of available housing in the area.

What is your need? The HRO will try to fit the requirement and the preference to the listings. Two- or three-bedroom apartment? Motel for temporary stay? Private home? House to purchase? All details of rentals and price? Map? Bus schedules? Places of interest?

The Housing Referral Office may have more tips about the area and helpful hints than you really expected. If you run into any housing discrimination when trying to get settled, report it to our HRO at ext. 2532.



ENS VELARIE SWAN is promoted to Lieutenant Junior Grade.



DR. GEORGE LUSSIER, of the Moffett Field Dispensary, is promoted to Commander.



CHEERLEADERS from Merritt College brought a bit of cheer to patients on the wards and passed out copies of their college newspaper. Here SN Robert Kitching of Ward 7-S shared some gab with three of the girls.



LCDR AL WOODS, of Patient Affairs, receives a Letter of Commendation for Operation Homecoming endeavors.



MARY DOLAN is now LT Mary Dolan.

Marines Have Their Cake

And Eat It Too!



For 198 years of magnificent service, the United States Marine Corps has come to stand for something very special in American Life. From the first handful of volunteers recruited by Captain Samuel Nicholas at the outset of the American Revolution down to our own day, to be a Marine has meant to be a member of an elite corps—a band of heroes who have never failed when their country called on them, no matter how enormous the challenge they faced.

On November 9, it was the Marine Corps' turn to hold a birthday cake-cutting ceremony. At 9:30 a.m., in the main dining room of Naval Hospital, the commentary was read by 1stLT D. L. Mellott and the cake was cut by COL T. E. Mulvihill, assisted by RADM R. E. Faucett. The first piece of cake was given to the oldest Marine, GYSGT J. Bautista and the second piece went to the youngest Marine present, PFC J. S. Garcia.

Eagle Scout Brings Gifts



On my honor I'll be a worthy Eagle Scout, Pat Lynch of Troop #363, Oakland, would seem to promise in fulfilling one of his requirements. He went to his local Kiwanis Club and added their contribution to his efforts and through Special Services was able to contribute jigsaw puzzles, bulletin boards and craft items to bed patients on the wards.

Pat has been working on his Eagle Scout badge for about 3 years; there are 20 scouts in his troop. His brother Kevin Lynch set an example of good scoutmanship for him.

Who's Been Doing What . . .



PROMOTED TWO TIMES (never pictured in THE OAK LEAF), left NHO once and returned (never in Hail and Farewell)—when HM2 A. E. Kasperbauer (the Admiral's driver) was caught at the Christmas Committee dinner wearing his dress aiguillette it became Kal's time to get into print.



GIVING AND RECEIVING are part of the Christmas Spirit. Mrs. R. E. Faucett received the first gift of the season.



AT THE RACES LAST YEAR. Dorothy Moore, an associate member of the Officers' Wives' Club, explained to several members how she won the Exakta. This year the club's schedule includes another day at the races, a Hiram Walker cooking demonstration, the annual tasting luncheon, annual Christmas Bazaar, a fashion show at Liberty House—and much, much more fun.

Bits and Pieces

CAPT Smoker is the only Smoker in the whole Navy, but she doesn't smoke.

Mrs. Vernon Fitchett's father is named Tom Mullen, and at the Christmas Committee dinner she sat across from a Mr. Tom Mullen.

CAPT John Davis, our new Chief of Medicine, has a 17 year old daughter in UCLA following in the medical footsteps of her father—somewhat, that is, except that the direction is to be OB&GYN.

THE DRY DOCK, Naval Hospital, San Diego's newspaper, carried a big handsome picture of CAPT Claude C. Atkins, their new Chief of Surgery, whose previous duty station was this hospital. He, his wife and three children are living aboard at the San Diego station.

Reading **NAVY TIMES** late is better than skipping it, else how could we know that our ex-POW CDR James G. Pirie was assigned to Naval Reserve Center, Birmingham, Ala.

The 1973 Income Tax Guide for Military Personnel, Chapter 7, covers ways the military can cut losses on permanent change of station moves. There was a condensed version in the August 22, 1973, issue of **NAVY TIMES**. Check Crew's Library.

Leslie Freet, Kathy Janes and Sheri Brown were three from the NWCA #160 who worked very hard on the day of that club's bake sale at the Navy Exchange. They are able to report that the Halloween goodies sold brought in \$35—the best sale ever! Funds go into the treasury for gifts to the Pediatrics Ward and other club-sponsored projects. Today a Thanksgiving basket, complete with turkey and trimmings, is being delivered by NWCA #160 to a Navy family.

Tweet Coleman uses a nice thank-U-gram idea, the idea being to thank someone deserving every day because "There is MAGIC in a Word of Praise," and, too, it develops the faculty of awareness.

Enlisted quarters on the hill must already be aware that it is Pat Bechthold who delivers THE OAK LEAF to them every two weeks. So a public "Thank-U-Gram" goes to Pat for her cheerful response in being papergirl.

The Civilian Personnel Director reports that of the 800 civilian queries he sent out inquiring about interest in entertainment, only 83 were returned and of that number only approximately 50 per cent manifested an interest in a more-together-social-life.

MALE TURKEYS, in particular, are subject to high blood pressure, and medical researchers have been studying them in hopes of shedding new light on heart disease in humans.

Jacobson Is Sailor Of Month for October



His father is in medicine in Eugene, Ore.; one brother is a staff pediatrician with the Navy in Pearl Harbor, another brother was a hospital corpsman. Could such a background have helped HM3 John Jacobson attain so rapidly "a level of function without peer" as a corpsman at Naval Hospital?

His willingness and ability to perform all tasks assigned and his absolute reliability led to his selection as Senior Corpsman in the Orthopedic Unit of NHO and to his selection as Sailor of the Month for October.

Petty Officer Jacobson is now in PT/OT Technicians School. He already has a BS degree in Recreation from the University of Oregon, and by the time he finishes his military tour of duty he believes his medical knowledge will fit in quite well with his desire to return to college and get a master's degree in therapeutic recreation.

HM3 John Michael Jacobson is interested in backpacking, outdoor sports and photography.



AFTER 20 YEARS, 2 months, 13 days HMC Eduardo V. Bernal transferred to the Fleet Reserve

CFC Reports

Total Contributions \$13,280.27

100 Percenters

Service/division
Ophthalmology
9-East Corpsmen
American Red Cross
3rd Floor Nurses
OR Nurses
Military Personnel (Civilian)
Special Services
7th Floor Nurses
6-South Corpsmen
Dental (Civilian)
Dental (Officers)
CO's Sec. Group
Fire Department
Laundry

Key Man
LCDR J. Haley
HM3 D. La Flamme
Beverly Davis
LT M. Andersen
LTJG J. Campbell
Frances Curry
HTC M. Gonzales
LT M. LaFlamme
HM3 R. Rollins
Darrell Pifer
CDR R. Prince
Anna Mae Taylor
Lula Sanders
Tom Payne

Services and Divisions with
\$20.00 or more per capita con-
tributions:

Service/Division
Neuropsychiatry
Orthopedics
Laboratory
Medicine
Chaplains
Physical Therapy
Patient Affairs (Military)
Surgery
Pediatrics
7-West
ER and OPD
Pharmacy
6-East
9-South

Average per Capita
Contribution to
November 13

\$89.55
77.00
58.84
48.70
46.00
38.87
36.22
35.70
30.00
27.00
24.00
22.77
20.00
20.00

Key Man
CDR L. Rushing
CDR W. Applegate
LTJG V. Matl
CAPT W. Cassidy
LCDR E. Winterfeld
ENS M. Williams
HM3 Sheeran
LCDR N. Davis
LCDR A. Pearson
HN J. Jacobson
HN H. Lease
HM1 M. Lockwood
HN R. Cole
HM3 R. Carlino

Pet Vaccination Date Set

DATE: December 4, 1973 - Tuesday
TIME: 9 to 11 P.M.

PLACE: BLDG. 101, Naval Hospital, Oakland

(Located behind building 101, and beside the Post Office)

An Army veterinarian will visit the Naval Hospital on the above date to inoculate pets belonging to military personnel and their dependents.

The service of the Veterinarian will be free, but the owner will be charged for the vaccine.

MINIMUM AGE

INNOCULATION

Rabies
Canine distemper (dogs)
Feline distemper (cats)
Distemper booster

OF PET

4 months
9-10 weeks
8-9 weeks

REQUIREMENTS

Yearly inoculation
2 shots, 2-3 weeks apart
3 shots, 2 weeks apart
Yearly until 8-9 years

GIVE YOUR THANKS FOR LIFE THIS THANKSGIVING
HOLIDAY—BE ALERT WHEN DRIVING.



Not For Real, The Disaster Drill

By LT Joe Steiner, MSC, USN

On November 2, 1973, the all-alert public address system passed the word, "This is a drill. This is a drill. Place into effect the Disaster Plan. Mass casualties are expected within the hour." This announcement, startling as it must be to waiting patients, is anticipated by well-honed Disaster Control Teams who participate in the drill to improve capability and test effectiveness to receive mass casualties in fulfillment of the hospital's role in an emergency situation.

Following a scenario, directed by the Disaster Preparedness Officer, the large Outpatient Waiting Room becomes the hub of activity as supplies appear almost magically, resuscitation carts, central surgical supply carts, litters placed on saw horses, cables reach from wall to wall from which hang intravenous solutions, and the key to the operations—the arrival of a senior member of the surgical staff—the "Triage

Officer." For it is the Triage Officer who will sort the casualties and direct their admission to wards and the priority of treatment.

During working hours, the staff to support a disaster plan are available immediately; however, should the demand for placing the Disaster Control Bill occur after hours, the recently updated Pyramidal Recall System would bring civilians and military alike to the hospital to man the life-saving functions.

While the outpatient area becomes a Triage Center, the Patient Affairs Division immediately establishes a Disaster Control Center, where bed reports are received from the Nursing Service within minutes, the availability being reported to the Triage Officer via communication links established with all key personnel throughout the hospital. As planned casualties commence arriving (casualties are rehabilitation

patients bearing well printed tags describing their injuries with extent of injury) they challenge the physicians to take appropriate action, process them through triage, X ray, laboratory, surgery and subsequent admission to the ward.

An hour has elapsed since the arrival of the first casualties, the drill is secured, most return to their routine duties while a dozen or more key members report to the Commanding Officer to critique the drill. Logistic shortcomings are discussed, weaknesses in the system are pointed out, and strengths are complimented. Then the deep sigh of relief from the planners, and a pat on the back to the participants as the Commanding Officer offers his personal "Well done."

P.S. Games are won on the practice field. The next drill is scheduled during the first quarter of 1974.



DEPARTMENT OF THE NAVY
NAVY RECRUITING DISTRICT, DENVER
NEW CUSTOM HOUSE
19TH AND CALIFORNIA STREETS
DENVER, COLORADO 80202

IN REPLY REFER TO:
Code 00:lc
1650
9 NOV 1973

From: Commanding Officer, Navy Recruiting District, Denver
To: Commanding Officer, Naval Hospital, Oakland, Ca. 94627

Subj: Orientation and Indoctrination Tour for Nurse and Doctor Prospects; appreciation for

1. On 19 October 1973, forty-seven nurse and medical officer prospects from the Denver, Colorado area had the pleasure of touring your hospital as the focal point of a Navy orientation cruise sponsored by this command. The visit to the hospital was a definite highlight of a most successful trip designed to orient prospective applicants to various aspects of Navy life.

2. Though we have partaken of your hospitality several times before in our nurse recruiting efforts, this was the first time we attempted to focus emphasis on medical officer recruiting. As in nurse recruiting, we feel this tour will be instrumental in stimulating interest in Navy medicine in this area. Several tour members are already in Navy scholarship programs and through their expressed enthusiasm and "word of mouth" advertising from all tour members who were favorably impressed, we feel the tour has been a great success. Copies of the cruise evaluations have been sent to the Nursing In-service Education Coordinator. The warmth of welcome, the attempt to satisfy all interests, and the enthusiasm of all hands combined with impressive facilities served to favorably influence everyone.

3. The willing cooperation by your staff to expedite and assist with many details is a reflection of the closeness of the Navy community and was certainly noted by all. We are especially appreciative of the arrangements for bus transportation which involved a fair amount of planning. We fully appreciate that handling a tour such as this requires a great deal of preparation and valuable time on the part of your staff but their efforts made a measurable contribution to our recruiting efforts.

4. Please express my sincere appreciation to everyone involved in making this tour a success.

Copy to:
COMNAVCRITCOM
COMTWELVE
COMNAVCRUITAREA SIX

M. D. LEWIS

Movie Schedule

Saturday, November 17
MR. KINGSTREETS WAR—John Saxon, Tippi Hendren—Action Drama (NA)
Sunday, November 18
DAUGHTER OF SATAN—Tom Selleck, Barra Grant—Horror (R)
Monday, November 19
THE MASTER TOUCH—Kirk Douglas, Florinda Bolkan—Suspense (PG)
Tuesday, November 20
THE ONLY GAME IN TOWN—Elizabeth Taylor, Warren Beatty—Detective (PG)
Wednesday, November 21
FROM THE MIXED UP FILES OF MRS. BASIL E. FRANKWEILER—Ingrid Bergman, Sally Prager—Comedy (G)
Thursday, November 22
THANKSGIVING HOLIDAY
NO MOVIE
Friday, November 23
THE HONKERS—James Coburn, Lois Nettleton—Comedy (PG)
Saturday, November 24
GET TO KNOW YOUR RABBIT—Tom Smothers, Orson Welles—Comedy (R)
Sunday, November 25
PLAY IT AS IT LAYS—Tuesday Weld, Anthony Perkins—Drama (R)
Monday, November 26
THE FRIENDS OF EDDIE COYLE—Robert Mitchum, Peter Boyle—Drama (R)
Tuesday, November 27
THE PRIME OF MISS JEAN BRODIE—Maggie Smith, Robert Stephens—Comedy-Drama (PG)
Wednesday, November 28
JEREMY—Robby Benson, Glynnis O'Connor—Drama (PG)
Thursday, November 29
O LUCKY MAN—Malcom McDowell, Ralph Richardson—Satire (R)

FOODAHOLICS, like alcoholics, are not cured until they want to be.

Deadline Set Children of Military Invited to Party



AT LAST YEAR'S Staff Children's Christmas Party, Geraldo the Clown entertained—children and parents.

For planning purposes for the 1973 Christmas Party for the dependents of military staff personnel assigned to Naval Hospital, forms giving age and sex of children who will attend must be returned to the Special Services Office by November 30.

No need to ballyhoo this party! When Santa arrives on base it means funtime and gifts for all the children, candy, too. December 22, again in the Gymnasium, building 38, at 1:30 p.m. is the date, place and time.

Each year a warning is needed to help avoid disappointment. You have only 14 days to get your information form returned, so don't let November 30 slip up on you! Repeat: They must be returned to Special Services by November 30.



FOR YOUR SAFETY—A once-a-week check of the circuit codes on the hospital fire boxes is routinely made by Oscar F. Cunningham and Bernard C. Alameida, both with Public Works Division.



THIS IS A NO-NO. [It was photographed during Fire Prevention Week, and so becomes a double no-no, no-no.]

SPORTS

SWIMMERS WANTED

Any active duty military interested in forming a swim team, please contact Dr. Martin at ext. 2232, or Bob Ericson at exts. 2023/2089.

WRESTLERS WANTED

To form station wrestling team. The best can advance to All-Navy competition.

Call RON BROWN, ext. 2350.

INTRAMURAL BASKETBALL TEAMS

There is still time to get your entry blanks in for the 1973-74 season. Deadline is 12 noon, Wednesday, November 21. You can call in your entry to ext. 2350. Games start November 28.

VARSITY TEAM

Players are still wanted to form the Varsity team. Games started November 13.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION SCHEDULE

- Dec 5, 1973, Wrestling, 7:30 p.m., Invitational, NAVSUPACT Mare Island
- Dec 12, 1973, Wrestling, 7:30 p.m., Invitational, CGTRASUPCEN Alameda
- Jan 9, 1974, Wrestling, 7:30 p.m., Invitational, NAS Alameda
- Jan 11, 1974, Boxing, 8 p.m., Invitational, NAVSTA Treasure Island (Schedule to follow)
- Jan 16, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island

NHO Boasts Lead In 12ND Bowling League

With R. Kaib, G. Bryan, H. Jessen, B. Murphy and M. Mendenhall paving the way, the NHO Varsity Bowling Team is serving notice that they are the team to beat in 1973-74.

They currently lead the entire 12ND League bowlers by two full games.

Some outstanding scores were registered against NAS Lemoore, as NHO won two out of three games to give them the League lead.

Below are the NHO scores against NAS Lemoore.

	1st	2nd	3rd	
Name	Game	Game	Game	Total
Bryan	200	208	188	596
Jessen	176	238	182	596
Murphy	140	188	234	562
Menden-				
hall	193	190	174	557
Kaib	201	195	185	581

Subtotal 910 1,019 963 2,892

The total of 1,019 pins in the second game was the first (over a 1,000 pins) registered in the 12ND this year and the first for NHO in two years.

ISN'T IT STRANGE how we find that so often small talk comes in large doses?

Naval Hospital Oakland Captures 1973 12ND 'B' Touch Football Crown by Ron Brown

NAS Moffett Field proved to be too much during the week of November 5 as they eliminated NHO from the 12ND touch football championships at NAS Moffett Field. NHO met Moffett Field on opening day and was defeated by them 18-6. They then came up against the Treasure Island team and defeated them 14-8. This advanced NHO to the quarter finals where they had to take on a once-beaten-in-23-games team from NAS Alameda. They stayed off a 4th quarter scoring drive by NAS Alameda and held on to a win 18-14 which put them into the semi finals.

Naval Hospital again had to face NAS Moffett Field and showed determination to reverse the opening day's loss and to catapult into the finals against NAS Lemoore. The game was one of the most exciting in the tournament. NAS Moffett led by a 22-8 score late in the 4th quarter and things looked dismal at that point for NHO.

Then the team put it all together, and on two sustaining drives put the ball across the Moffett Field goal line to tie up the game 22-22. At this point NHO chose to kick the P.A.T. and called upon Rick Springmeyer to do the job; and thus he did to split the uprights to give NHO a shortlived 23-22 lead with 40 seconds left on the clock in the fourth period.

Moffett Field then moved the ball down the field on four passes and scored on a long pass with 14 seconds left on the clock.

With Moffett Field now leading 28-23, NHO just ran out of time on several long passes from John Dalton.

Playing outstandingly for the hospital team were Stan Wells, Dave Krueger, John Dalton, Jerry Kolling, Howard Chase, Rod Simpson, Forest Beaty, Mike Gabrell, Craig Stacey, Mike Skurja, Don Sims, Kevin Kuwada, Pat Jasper, John Stryker, Rick Springmeyer, Mike Lockwood and Don Coustan.

NHO did salvage the "B" Touch Football Championship for 1973 as they took third place in the 12ND championships against all other commands.

Special note of interest: LT Forest Beaty was picked up by Moffett Field through the 12ND augmentation rule to be a member of the 12ND champion representative for the upcoming West Coast regionals being hosted by North Island, San Diego, on November 26 to 30.

Congrats, Forest!

THE DEADLINE FOR NHO CIVILIAN EMPLOYEES TO MAKE CHANGES IN THEIR FEDERAL EMPLOYEES HEALTH INSURANCE COVERAGE IS NOV. 30 1973.



The OAK LEAF

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

Vol 34, No. 51

Friday, November 30, 1973

NEW DEPUTY COMMANDING OFFICER CHOSEN FOR NRMCO



"No, I'm not really Hungarian or Slovakian." That's the response that CAPT George E. Gorsuch (pronounced Gor-Such) frequently gives. If you trace the name back 20 or so generations, you will find it is of early Anglo-Saxon origin. A 13th century ancestor took the Christian name which described his estate where the geese crossed the brook or "de Goosefordsiche," which later contracted to de Gorsuch. Instead of being Hungarian, he is Lancashirian (Northern England).

This is a rather genealogical introduction to CAPT Gorsuch who was recently named Deputy Commanding Officer of the Naval Regional Medical Center, Oakland, replacing Executive Officer CAPT N. P. Kittrinos, who unexpectedly received orders to the Naval Hospital Annapolis as Commanding Officer.

CAPT Gorsuch was graduated from the University of Cincinnati College of Medicine in 1954. He entered the Navy immediately upon graduation and has now served over 19 years as a Navy

medical officer. He interned at Naval Hospital Philadelphia and later completed residency training in Internal Medicine and Cardiovascular Disease at Naval Hospital San Diego and Naval Hospital Bethesda. He served as Head of Cardiology at Naval Hospital Oakland, Assistant Medical Officer at the Dispensary, NavActs, London, England, Head of Cardiology at National Naval Medical Center, Naval Hospital Bethesda and Chief of Medicine on the USS REPOSE in South Vietnam, the latter assignment earning him the Navy Commendation Medal. He was Chief of Medicine at this hospital from June 1970 until his assignment.

The question has been raised as to why a physician devoted to clinical medicine and cardiovascular disease with a deep interest in the development of a high level medical teaching program would want to devote himself entirely to administrative duties. CAPT Gorsuch recognizes that tide in the affairs of men which must be taken at full flood.

He enjoys his work and sees a bright and interesting future continuing in the United States Navy. He likes both medicine and administration.

CAPT Gorsuch's family is steeped in medical tradition. His great grandfather, Doctor Lemuel Lane Gorsuch, was a prominent horse and buggy physician in northwestern Ohio following the Civil War. CAPT Gorsuch's father was an Eye, Ear, Nose and Throat doctor who practiced in Toledo, Ohio, until his death in 1941. CAPT Gorsuch has two sons who are continuing the medical tradition; both Geoffrey George and Gregory Mark are premedical students at the University of Miami in Oxford, Ohio. Daughter Gretchen Gene, age 11 years, also plans a medical career and at present attends Gomes School in Fremont.

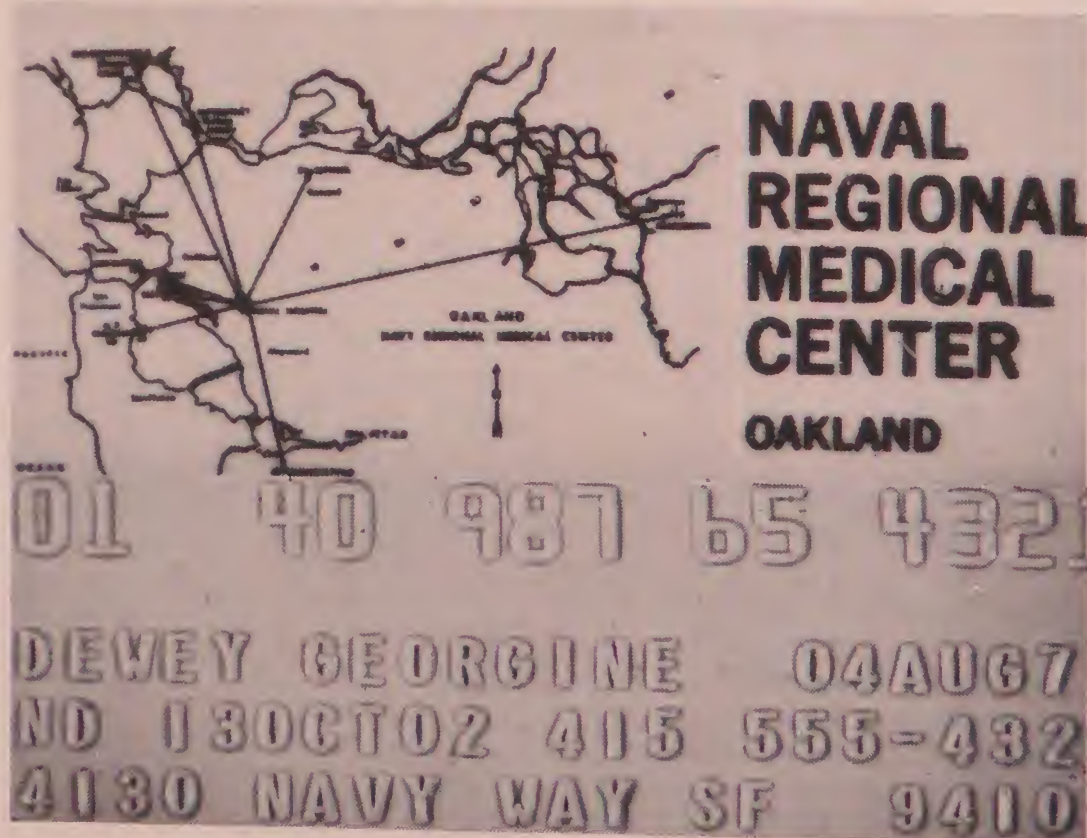
CAPT Gorsuch and his wife Jute live in quarters on base with their 5-month old daughter Emily Lovelace Gorsuch. There is also a genealogic flavor to the name of

Lovelace which has been linked to the Gorsuch name since 1628 when Anna Lovelace, sister of the poet, married CAPT Gorsuch's forebearer, the Reverend John Gorsuch, Doctor of Divinity of Walkerne, Herts, in Old England.

CAPT Gorsuch is certified as a Diplomate of the American Board of Internal Medicine; is a member of the American Medical Association and the Association of Military Surgeons; an Associate Fellow in the American College of Cardiology and a Fellow in the American College of Physicians.

RESIDENTIAL FIRES are responsible for about half the nation's fire deaths. Fires in houses and apartment buildings claim the most lives between midnight and 6 a.m., when burning goes unnoticed while residents are asleep. Many of these nighttime fatalities could be avoided if everyone slept with his bedroom door closed.

OUTPATIENT CARDS HAVE NEW LOOK



This is the new regional outpatient recording card for all military dependents and retirees. Slightly blue and a little larger than the obsolete plastic card, this design includes a new code of the "home port" of each dependent and retired outpatient record in the system. Soon all duplicate records will be identified and consolidated. New sheets that are to go in that all-important medical record will be expedited to their proper record

room for filing.

Every patient will eventually receive a new card, even those using the dispensaries, but there is no need to make a special trip to the hospital for that purpose. On your next appointment it will take only a few minutes to replace your old card with an updated one. An embossing machine to print cards will be available at branch dispensaries as well as Naval Hospital.

The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer

CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer

CAPT Edwin B. Miller, MSC, USN, Administrative Officer

LT D. D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

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THE OAK LEAF is a semimonthly publication produced commercially with non-appropriated funds at no cost to the Government and in compliance with NAVEXOS P-35, Rev., July 1958.

THE OAK LEAF receives American Forces Press Service material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Hospital, Oakland, California 94627.

+ + Chaplain's Corner + +

PEOPLE COST MORE

In a day of fast rising costs we look for a point of stability.

The costs having gone up for:

- being born,
- being fed,
- being clothed,
- keeping healthy,
- and even dying.

The only people cost that hasn't gone up is the one for being a child of God. It was stabilized about 2,000 years ago. It cost the life of one Jesus, the Savior of people.

—LCDR E. P. WINTERFELD, CHC, USN

CHAPLAIN CORPS MARKS 198th ANNIVERSARY



November 28th marked the 198th anniversary of the Navy Chaplain Corps. Throughout these many years chaplains of all faiths have served side by side with the men and women of the U.S. Navy, U.S. Marine Corps and the U.S. Coast Guard. Chaplains serve on ships at sea, with the Marines in the field, in Naval stations, in hospitals and in far off places—as Adak and The Antarctica.

Contrary to the image of the chaplain as depicted in "M*A*S*H" or "Catch 22" the chaplain is not the naive court jester or the uninvolved angel from the great beyond. He is a multi-dimensional man. He is always there. He is the listener in residence. He will "be" with you. At times he may have to play the prophet and speak out against less than human treatment and conditions. At other times he is the "therapeutic friend" who challenges and encourages one to persevere and grow. He is a symbol of human values by which people measure their moral actions. Permeating all that he is and does is his mission as the sacrament of God's eternal invitations to all to choose Life and Grace.

He sells no product, makes no diagnosis, has no procedure to use,

and hopefully gives little or no advice. Like the Lord he serves, he is a man for all seasons and people. He cries with those who cry, and laughs with those who laugh. He is available to be for others.

Wish the Chaplain Corps Happy Birthday!

To know what is right and not do it is the worst cowardice.

—Confucius

Hail & Farewell

From Naval Hospital Corps School, San Diego, HAs Howard Weeks, John Mining and Clifton Brew; HNs Timothy Young, Gregory Jackson, Laurence Conley, Edwin Pogue, Howard Maupin and Robert Patterson.

From Naval Hospital Boston, Chelsea, Mass., HN George Kalko.

From 3rd Marine Division, HM1 William Sancel.

ENLISTED DETACHED

To USS ORISKANY (CVA-34), HM3 Thomas Button.

Discharged from USN, HM3 Linda Jackson.

It's Your Duty

To Show Preference

There are probably many places where you would like to be stationed, and many places you would not like. Let your detailer know about it by submitting a Duty Preference Form, NAVPERS 1306/63. This form is the key part of a detailing system designed to help you get the duty you want when you are due for a transfer. It cannot guarantee you your choice of duty (detailers are restricted by the number of open billets available), but it can increase your chances of getting what you want.

It is important to keep your duty preference form up to date. The time to submit it is about 10 months before your Projected Rotation Date (PRD) or your Expiration of Active Obligated Service (EAOS), but a new form with changes may be submitted anytime.

CFC Reports

At press time NHO CFC Reports a total of \$17,392.52. Although only 25 per cent of the divisions reported 100 per cent participation, that amount is \$5,000 more than was pledged last year. CDR Marty Springer, the campaign director, expressed thanks and appreciation to all keymen and workers. Fifty-six per cent of our civilians gave, 66 per cent of our officers, and 37 per cent of our enlisted men contributed to the Combined Federal Campaign for 1973. A few persons who were not present because of sickness or leave still have time to pledge.



Take Ten for the Day

Here's a set of rules that might help you through a harried day.

- Learn to remember names. Inefficiency at this point may indicate that your interest is not sufficiently outgoing.
- Be a comfortable person so there is no strain in being with you. Be an old-shoe, old-hat kind of individual.
- Acquire the quality of relaxed easy-going so that things do not ruffle you.
- Don't be egotistical. Guard against the impression that you know it all.
- Cultivate the quality of being interesting so people will get something of value from their association with you.
- Study to get the "scratchy"

elements out of your personality, even those of which you may be unconscious.

- Sincerely attempt to heal, on an honest Christian basis, every misunderstanding you have had or now have. Drain off your grievances.
- Practice liking people until you learn to do so genuinely.
- Never miss an opportunity to say a word of congratulation upon anyone's achievement or express sympathy in sorrow or disappointment.
- Give spiritual strength to people and they will give genuine affection to you.
- Old hat? Laugh if you will! The rules worked rather nicely for President Lyndon Johnson.

ELECTRICAL FIRES, usually caused by faulty or misused equipment, consume close to 150,000 buildings a year.

FREEWAY HINTS GIVEN

The Highway Patrol advises motorists, if you have a flat tire keep driving until you are off the roadway. You can usually drive a short distance on a flat tire without damage.

Whenever you are in an accident and your car will move, drive to the shoulder and wait for an officer to arrive. The longer you leave your car in the traffic lane, the greater the chances for a more serious accident to happen in the back-up of traffic behind you.

Generally, before a car stalls you will notice the engine sputter or misfire. Quickly maneuver to the shoulder or exit the freeway. However, if your car does stall in the traffic lane, stay with your car until an officer arrives. Attempt to warn traffic either by the use of your flashers or with emergency flares. If you do go for help leaving your car in a traffic lane, do not lock the car.



PERHAPS YOU HAVE never noticed where this Holy Lady keeps her watch. Her vigil is at the rear of the St. Luke's Chapel, in a small quiet garden.

The adult class formerly meeting in the St. Luke's Chapel is now meeting at 9:30 a.m. in the Chapel of Hope. The Chapel of Hope service has been changed to 9 a.m. instead of 9:30 a.m.

RESERVE OFFICER ADDRESSES COUNCIL

LCDR S. S. Fishman, of Reserve Medical Company 12-6 and the CIC, recently addressed the National Free Clinic Council at a regional training meeting held at Mills College. His subject was "The GSA-A Method of Management." Other subjects covered at the sessions concerned natural healing, drug abuse, venereal disease and health planning, women's self-help, crisis intervention and preventive dental education.

There are 334 national free clinics across the country. In 1972 a survey was made and data obtained from about one-third of them reporting showed that at 123 clinics there are 1,278 physicians and 76 dentists handling about 554,000 patient visits in the clinics. (Only 18 clinics have dental services.)

BUDGET PANELS DECIDE WHERE CFC MONEY WILL GO

While hundreds of volunteers are working to raise this year's United Bay Area Crusade campaign (CFC) goal of \$17,500,000, another group of 200 are working just as diligently to determine where to spend whatever amount is contributed by you and me.

Ten budget panels of 20 volunteer members each have been organized this month to begin the annual agency allocation process.

Team visits to all 184 agencies currently supported by the Crusade have now begun. The visits will continue through December. In January, budget presentations will begin.

At that time, each agency's income and expenditures will be analyzed in complete detail. The agencies' independent audits will be reviewed. Services will be looked at closely to determine that they are meeting needs.

For several seasons, UBAC and CFC leaders have been working toward a representative mix of volunteers to accurately reflect the Bay population. Ours is the first major fund in the country to ask "consumers" (recipients of services) to sit on its board. There are also bankers and Certified Public Accountants and retired businessmen who, although not directly involved with agency clients, know a good budget when they see one. There are also men and women who know first hand whether or not those agencies are effective. People whose lives at one time or another have depended greatly on agency assistance.

All are volunteers.

CHILDREN AND THE ELDERLY are most frequently the victims of fire at home. About a third of the children who die from fire each year are alone or without the supervision of a responsible babysitter when tragedy occurs.

CAPT. DAVIS IS MADE CHIEF OF MEDICAL SERVICE

CAPT John W. Davis, MC, USN, has recently been advanced from the position of Assistant Chief of Medicine to that of Chief of Medicine. CAPT Davis is a graduate of Hudson (Mass.) High School where he was valedictorian of his class, of Harvard University AB 1952 and Boston University School of Medicine MD 1957. He is a member of Phi Chi Medical Fraternity, Alpha Omega Alpha National Honor Medical Society and a Diplomate of the American Board of Internal Medicine.

CAPT Davis was commissioned as a Lieutenant, MC, USNR, on June 28, 1957, and served his internship at Naval Hospital, Bethesda, Md. From 1958 to 1961 he completed residency training in internal medicine. He was then appointed to the staff, Naval Hospital Bethesda on the internal medicine service.

The Chief of Medicine has a long time interest in metabolic and endocrinology research dating back to college days when he worked in these fields as a support means for his education. This drive was culminated in 1971 when he completed a Fellowship in Endocrinology at the University of California School of Medicine.

Although he enjoys camping and sailing, CAPT Davis finds medicine and people his primary interest. An avid reader, he has recently been interested in areas of humanistic psychology, particularly transactional analysis and self actualization. All of his training came into good practice during Operation Homecoming. His implementation of the Primary Medical Care Team concept helped



resolve a myriad of problems among our POWs and earned for him the Meritorious Service Medal. It also gained for him the high esteem and affection from the repatriates and their families, but the crisis intervention and meaningful counsel for many of the families has yet to be fully evaluated. For himself, CAPT Davis summed up Operation Homecoming as "a very satisfying experience."

CAPT Davis has recently had published a paper on "Personality Disorder and Reactive Hypoglycemia," (Sept. '73 *Diabetes*, Vol. 22, No. 9), which he co-authored with Dr. Peter Forsham's research group at University of California, San Francisco.

CAPT Davis lives in Lafayette, Calif., with his wife Gloria, who holds an MA in education from Radcliffe College and an MA in counseling from California State University at Hayward. His younger daughter is Laura, a Sophomore in Acalanes High School. His daughter Valerie, a premedical student, is enrolled in UCLA.

FLASH! The CFC Drive has been extended for two weeks



PICTURED ABOVE are Cindy Alecrim and Nancy Hammer, two Red Cross volunteers of Christmas 1972. Again this year free gift wrapping will be provided for anyone in uniform or wearing a patient wristband. The Officers' Wives' Club and the Red Cross join in providing the service. It starts December 7 and continues through the 24th, Monday through Friday, hours 10:15 a.m. to 4 p.m.

KILLERS Are For Real

Murder, death, violence! How to protect yourself?

Station KQED Public Television is spearheading a massive campaign to inform the public about treatment of the worst of the money wasters and pain and tragedy killers. If you missed their first special on the villain of heart disease, make an extra effort to tune in on the remaining programs:

Inborn Genetic Defects on December 17, 8 p.m.

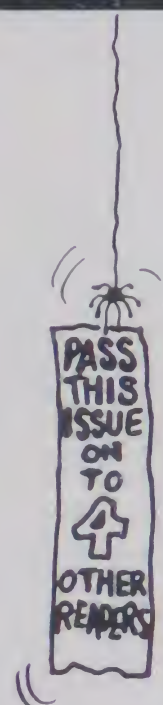
Pulmonary Disease on January 14, 8 p.m.

Trauma on February 11, 8 p.m.

Cancer on March 11, 8 p.m.

And if you miss one, catch it the following Saturday at 7 p.m.

ENLIST NOW IN THE KILL
THE KILLERS CAMPAIGN.



SAVE PAPER

Adequate wiring is a must!
Never overload electrical circuits.

Rules Set on Xmas Trees

The Commanding Officer has given instructions concerning Christmas trees and decorations.

All Christmas trees must be sprayed with a fire retardant chemical by the Maintenance Division and be approved (decorations also) by the Fire Department before installation in any patient care area or building, including public quarters. The spraying will be done at the Public Works Paint Shop between 1 and 3 p.m., Monday through Friday.

Persons delivering trees for spraying will be responsible for their security and for picking them up. This fireproofing service will also be provided for members of the staff living off the station.

Check NAVHOSPNOTE 11320 for additional rules on safety of decorating for the holidays.

Who's Been Doing What . . .

Three Receive Good Conduct Awards

HMCM Floren Kyle Lauber (Fifth Award)

HM2 Timothy James Town

HM2 Russell Leonard Wilson

Now Hear This!



Advisory Board

Seeks Ideas. Suggestions? Complaints? The Enlisted Advisory Board lends a listening ear! They want to make this base a better place for you to live and work. Gripe to them if you feel that way; brainstorm with them for answers, or if you are an enlisted E-1 through E-9, just come on to a meeting and sit as the silent majority and send out radiations.

Meetings are announced in the Plan of the Day. The next meeting is December 18 at 3 p.m. in the CO's conference room.

See you there!



YOU WON'T BELIEVE that this is a Boy Scout Troop, SS Endeavor #601, of the Mt. Diablo Council with their Skipper Rae Pruszyński. The scouts of the female gender grew the flowers themselves and spent a Saturday delivering the bouquets to patients on the wards.

CIC Personnel Spotlighthed



MR. THEODORE XENAKIS receives an award for Outstanding Performance for the past 12 months.



HM3 WILLIAM ELWOOD receives an on-the-job training certificate as a Clinical Research Technician.

Slow to 50 mph

DISNEYLAND'S CHRISTMAS SEASON OFFERS SUCH A VARIETY OF FAMILY ENTERTAINMENT THERE IS TOO LITTLE ROOM HERE TO EXPLAIN. CHECK WITH SPECIAL SERVICES FOR ENCHANTING ENTERTAINMENT SCHEDULES.

Ten Are Advanced



ADVANCED TO HM2 [seated], T. Adams and R. Morris. Advanced to HM3, T. Dalton, M. Klitz, G. Hunter, R. Jacobson, H. Lease, P. Otheim, R. Rollins and M. Poile.

Two Transfer to Fleet Reserve



HMC Curtis Zemlicka



DTC Edward Marsden

One Reenlists



HMI ROBERTA KIEDROWICZ signed on for another six years—her third reenlistment.

Bits and Pieces

Kay Fitchett a couple of weeks ago answered her phone and the operator verified Kay's very own number, but then two voices instead of one started talking. London was having a terrific mixup of phone lines that day because of the excitement of Princess Anne's wedding, no doubt. Kay had to "regret" her inability to be at the wedding; she had an O' Wives' luncheon to attend.

Mrs. Donald McLean made it to the luncheon from Walnut Creek driving 50 miles per hour. "And would you believe it, it took me only 5 minutes longer to get here," she said.

The CO's secretary, Marge LeSage, spent Thanksgiving being thankful that husband Tom is now retired from the Navy and will now be in the Bay Area instead of at El Toro Base in Orange County.

CFC IS PEOPLE HELPING PEOPLE . . . day care for children . . . job training for young adults . . . comprehensive services for senior citizens . . . speech therapy for a child . . . information for veterans . . . assistance for immigrants . . . Satisfaction for the Giver.

THE SHORT SHEET

Married Women May Get Back Pay and Allowances

Details of how some married Navy and Marine Corps servicewomen can go about collecting back pay and allowances to which they may now be entitled as a result of the Supreme Court's frontier decision are spelled out in just-issued AINav 106. Decisions about retroactive payments made so far apply only to women with civilian husbands.

Iowa and Guam Vietnam Vets Are Eligible for Bonus

Under a recent law passed by the Iowa State Legislature, veterans of the Vietnam War may have an extra benefit entitlement up to a possible \$500 bonus. Individuals from Guam, to \$720. Check with your Legal Division for application requirements.

Language Kit Is Available

A special self-help language training program for Filipino enlisted Navy people studying English as a second language is available in a sound and intonation practice kit series. Details are in OPNav Notice nurse, licensed vocational nurse or technical registered nurse outside

Retirement No Longer Needs Be Before Certain

Date for Maximum Benefit

Employees no longer need to retire before the effective date of a cost-of-living increase in order to receive it. Under a new law, employees can receive either the amount of the most recent c-o-l increase or an increase based on additional months of service following the effective date of such a hike, whichever is higher.

Fire Damaged Navy Records Are Salvageable

The Secretary of the Navy has announced that records damaged by the fire at the Federal Military Personnel Records Center in St. Louis on July 12 have been salvaged. The Center is again accepting requests for information contained in the records.

YOUR LEGAL OFFICER may be able to help with problems other than wills, debt counseling, divorce, power of attorney or claims.

The main thing to remember is: if you think you need legal help, don't wait until it's too late to ask for it.

FALL LIMP

If You Must Fall

If you must fall—fall right!

As with everything else, there is a wrong way and a right way—to fall.

One way is to follow your natural instinct as you fall. You tense up, resist, put out a hand, straight-arm, to take up the shock. **THIS IS THE WRONG WAY.**

The other way is to fall the way athletes, acrobats, and paratroopers have trained to fall. Don't resist. Instead, relax, go limp, try to roll as you land, easing yourself down with bent arms. That is the right way.

It's not easy to go against the natural instinct to tighten up. But if you think about it enough, let it sink deeply into your subconscious mind, you could help it become an automatic response—a sort of conditioned reflex.

Think about it. In your imagination, act out situations in which you fall—and let your muscles respond.

Relax—go limp—roll—it could save your life.



CAPT RON A. PROULX, MC, USN, is our new Assistant Chief of Medicine.

Earthy Advise 'Keep In Touch'

With platform shoes you can lose your sense of touch, according to the National Safety Council.

The American Medical Association also declared platform shoes unsafe and advised men and women wearing them to "walk slowly and carry your health insurance card."

PROCESSORS OF CRANBERRIES learned how to separate the good from the bad berries. Each one must pass the bounce test. A cranberry should be firm enough to bounce over a four-inch wooden barrier as it moves along a conveyor belt.



CHAMPUS Corner

Under CHAMPUS inpatient care normally will be provided in semi-private accommodations.

The services of a professional registered nurse, licensed practical nurse, licensed vocational nurse or technical registered nurse outside an inpatient facility are payable as CHAMPUS outpatient benefits when the attending physician certifies that the services are medically necessary.

Under CHAMPUS maternity care is considered to encompass the prenatal care episode, the delivery, the postnatal care episode and the treatment of complications arising out of the pregnancy. It also includes the care of the newborn infant during the post-delivery confinement of the infant's mother.

Report Is Available On College Costs

Families with children who will soon be entering college may wish to obtain a copy of the Life Insurance Agency Management Association (LIAMA) study, which reports on nearly 1,200 colleges and universities granting bachelor's degrees. The listing includes information on type of school (public or private), number of men and women undergraduates, a breakdown of 1973-74 fixed costs, and non-residents fees at state institutions.

The report, "1973-74 College Costs," is available without charge from many life insurance agents, or at a cost of 45 cents from the Life Insurance Agency Management Association, 170 Sigourney Street, Hartford, Conn. 06105.

On the Bookshelf

A Choice of Gods. Clifford D. Simak. Science fiction. In a single day eight billion souls were spirited away, leaving only a handful of people and some robots. The worst was yet to come, however, in news brought by a traveler.

An Unsuitable Job for a Woman. P. D. James. Detective. Left alone by her partner's suicide, Cordelia struggles to manage the private detective agency once shared.

A Doctor's Year in Vietnam. John A. Parrish. Medical narrative. A doctor assigned to a Marine base camp in Vietnam records his response to the follies of war and the rules of survival in the front lines.

Day of Shame. Algis Rukenas. Foreign relations. The truth about the murderous happenings aboard the Cutter Vigilant during the Russian-American confrontation off Martha's Vineyard.

Lives of Girls and Women. Alice Munro. A novel. A poignant portrayal of a young girl's youth in a Canadian town and her awakening to womanhood.

The Second Crash. Charles E. Ellis. (On the Stock Market).

Soldier. Anthony B. Herbert. A former lieutenant colonel details his efforts to fight corruption in the Army and relates events which led to his discharge.

... And many more new arrivals monthly in Crew's Library.



BEHIND THIS POLE, designated by the fluorescent stripes, lurks a fire box which has a direct signal to the Oakland Fire Department. It helps to secure your safety.

Veterans Ask

Q—As a disabled veteran. I received a \$2,800 grant from VA toward the purchase of an automobile which now requires engine repair. Can VA help out on this?

A—No payment may be authorized for the repair, maintenance, or replacement of the automobile itself. However, VA does pay for these services on adaptive equipment needed to operate the cars.

Q—My local VA office has denied me a home loan guarantee on a duplex house I wish to buy. However, I believe I have a good deal. What can I do?

A—You may write the VA regional director requesting a review of your case. At the same time, any additional information that would help your cause should be included in this communication.

Q—I received an honorable discharge recently after serving three years in the military service. Am I eligible for a VA business loan?

A—No. Eligibility for this type of loan must be based on active military service before Jan. 31, 1955. Suggest you try the Small Business Administration.

Mail Now Your



Movie Schedule

Friday, November 30
MAURIE—Bernie Casey, Bo Svenson—Drama (G)
Saturday, December 1
NICHOLAS AND ALEXANDRA—Michael Jayston, Janet Suzman—Historical Drama (PG)
Sunday, December 2
BORSALINO—Jean-Paul Belmondo, Alain Delon—Drama (PG)
Monday, December 3
SCREAM, BLACULA, SCREAM—William Marshall, Pam Grier—Horror (PG)
Tuesday, December 4
SKYJACKED—Charlton Heston, Yvette Mimieux—Suspense Drama (PG)
Wednesday, December 5
BATTLE OF THE PLANET OF THE APES—Roddy McDowall, Claude Akins—Science Fiction (G)
Thursday, December 6
CLOCKWORK ORANGE—Malcolm McDowell, Patrick Magee—Comedy/Fantasy (R)
Friday, December 7
THIS IS A HIJACK—Adam Roake, Neville Brand—Drama (PG)
Saturday, December 8
RAGE—George C. Scott, Richard Basehart—Drama (PG)
Sunday, December 9
MASH—Donald Sutherland, Elliott Gould—Comedy (R)
Monday, December 10
SCARECROW—Gene Hackman, Al Pacino—Comedy (R)
Tuesday, December 11
THE POSEIDON ADVENTURE—Gene Hackman, Ernest Borgnine—Adventure (PG)
Wednesday, December 12
SUPERFLY TNT—Ron O'Neal, Roscoe Lee Browne—Action Drama (R)
Thursday, December 13
THE LAST OF SHEILA—James Coburn, Yvonne Romaine—Mystery Drama (PG)



Military Month Set At Sea World, San Diego

Sea World will honor all branches of the armed services during the park's fourth annual Military Month celebration December 1 to January 6. Special displays and exhibits as well as reduced admission prices and free ride tickets will be available to active duty, reserve and retired military personnel and their dependents through Special Services.

Sport Shorts

SWIMMERS WANTED

Any active duty military interested in forming a swim team, please contact Dr. Martin at ext. 2232, or Bob Eriksen at exts. 2023/2089.

TWELFTH NAVAL DISTRICT SPORTS AND RECREATION SCHEDULE

Dec 5, 1973, Wrestling, 7:30 p.m., Invitational, NAVSUPACT Mare Island
 Dec 12, 1973, Wrestling, 7:30 p.m., Invitational, CGTRASUPCEN Alameda
 Jan 9, 1974, Wrestling, 7:30 p.m., Invitational, NAS Alameda
 Jan 11, 1974, Boxing, 8 p.m., Invitational, NAVSTA Treasure Island (Schedule to follow)
 Jan 16, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island
 Jan 19-27, 1974, Basketball, 10 a.m., 12ND Championships (Site to be announced)
 Jan 30, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island
 Feb 6, 1974, Wrestling, 7:30 p.m., Invitational, NAS Moffett Field
 Feb 9, 1974, Judo, 12 noon, 12ND Championships, NAS Lemore
 Feb 11-15, 1974, Handball, 1 p.m., 12ND Championships, NAS Moffett Field
 Feb 12, 1974, Boxing, 8 p.m., Navy-Intercollegiate, NAVSUPACT Mare Island

WRESTLERS WANTED

To form station wrestling team. The best can advance to All-Navy competition. Call RON BROWN, ext. 2350.

Intramural Basketball

DUPLICATING OPENS SEASON WITH A SQUEAKER OVER LAB

After trailing in the game from the opening tipoff, Duplicating came from behind with less than a minute to play to emerge victorious over Lab by a score of 44-41.

Terry Riley led all scorers in this game with 19 points on seven field goals and five free throws. Emy Arada led the losers with 18 points on nine field goals.

* * *

ANESTHESIA DEFEATS THE INTERNS

Using balanced scoring as their weapon, Anesthesia dealt the Interns a loss for their season opener by a score of 37-32.

Bob Woodruff, Dick Fraioli and Jerry Hunter each contributed eight points to aid in their team's win. Britt Blume of the Interns led the losers with 12 points.

In other games last week, Personnel swamped Inhalation Therapy by a score of 79-15. Jack Bradford led all scorers with 14 points followed by Rick Johnston, Mike Gosha and Mel Goodloe with 10 each. Tom McCauley led IT with four points.

PT/OT School defeated OR 39-24. Roy Trissel led PT/OT with 12 points, followed by Arthur Davies with 10. Gap Silva led the losers with 10 points. ENT rounded out the League opening night with a sounding defeat of CIC by a score of 57 to 13.

Howard Chase led all scorers in the game with 16 points. Bob "hic" Pierce and Bill Combs each had 10 points. NP was idle and will play next week.

Varsity Basketball

After trailing by only three points at half time, the NHO Varsity Basketball Team went down to defeat at the hands of Mare Island last Tuesday by a score of 92-78.

Failure to get the all-important rebound and to make 15 free throws was the big difference in the game, as NHO hit 33 field goals to MI's 30.

Mundy of NHO was the game's high scorer as he pumped in 15 points on 13 field goals and nine free throws; followed by Williams with 18 points on eight field goals and two free throws.

NHO Box Score

Player	FG	FT	TP
Williams	8	2	10
Mundy	13	9	15
Chase	5	0	10
Lamm	1	0	2
Samuals	1	0	2
Boyle	0	1	1
Johnston	2	0	4
Cone	0	0	0
Dolphin	0	0	0
Morris	3	0	8
Spencer	0	0	0
Tavares	0	0	0
Total	33	12	78

Fouled Out: Johnston.

Officials: Perry-Peters.

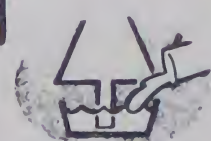
Next Game: NHO hosts Skaggs Island, 8 p.m. Thursday, December 6, 1973.

MASSACHUSETTS PRODUCES HALF the United States cranberry crop, followed by Wisconsin, New Jersey, Washington, and Oregon.

The Department of Agriculture estimates that the 1972 cranberry yield will fill 2,025,000 barrels.



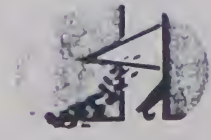
Buy a firm, fresh tree (when dried out, evergreens become highly combustible). Until ready for use, store tree in a cool place with its base in water.



Before setting up the tree cut off tree base. This fresh cut helps tree absorb water. Place tree in a stand containing water. Keep water level above cut. Check daily.



Locate tree away from heat (hot air duct, radiator, TV set, fireplace, etc.) and where it will not block exits. Consider giving tree extra support with guy lines.



Take down tree as soon as possible after holiday. Unless tree you buy has been treated correctly with UL-listed chemicals... do not rely on the tree's fire retardant qualities.

Caution: Do not attempt to treat trees with an aerosol fire retardant spray. Adequate coverage is extremely difficult.



Absolutely never, never put lighted candles on a tree or near any evergreen decorations. Extremely risky!



Lighting sets can wear out or become damaged. So check them closely—for worn insulation, broken plugs, loose bulb sockets.



Use only lighting sets that show Underwriters' Laboratories Inc. (UL) or Canadian Standards Association (CSA) label.



Plug tree and decorative lighting sets into house circuits having 15 amp fuses. Use extension cords sparingly. Outdoor wiring needs special weatherproof cords.

Turn off indoor lighting sets before going out or retiring.

Artificial Trees. If plastic type, check for labels certifying slow-burning materials. If metallic type, use only indirect spot lighting and do not hang lighting sets on tree—possible electric shock hazard. Trees with built-in electrical system should carry the UL label.



Use noncombustible materials (glass, asbestos, etc.) if possible. Or flame-retardant decorations. Untreated cotton flock and tissue paper ignite so easily!



Ordinary polystyrene foam or natural evergreens make fine displays but can be fire hazards. Keep candles, open flames away!



Select holiday masks, whiskers, and other costumes carefully. Unless "flameproofed," they can change tradition into tragedy!

GIFTS

Electric toys should carry UL or CSA label to show they meet safety standards.

Gasoline, alcohol, kerosene (operated toys) are risky in children's hands—causing clothing and house fires. Avoid pyrotechnic plastic toys and dolly. Give fire-safe gifts!

WRAPPINGS

Pick up wrappings while opening gifts. Put them into covered trash containers. Do NOT burn them in fireplace.

The OAK LEAF

The Christmas Message from the Commanding Officer

The Holiday Season is celebrated with joy and happiness—and hopefully a feeling of genuine concern for one another. This year it is recognized with a special grace—peace on earth.

As we participate in the Christmas festivities, may our every thought and action be pleasing to Him whose birth we celebrate.

Let us look humbly upon our virtues, defuse anger and malice, sustain the proper balance between pride and ambition and serve our fellowmen with love, loyalty, friendship and fidelity. Let the character of good things sound indelibly in our minds.

Keep the Spirit of Christmas all the year round.



The Oak Leaf

NAVAL HOSPITAL, OAKLAND, CALIFORNIA

RADM R. E. Faucett, MC, USN, Commanding Officer
CAPT George E. Gorsuch, MC, USN, Deputy Commanding Officer
CAPT Edwin B. Miller, MSC, USN, Administrative Officer
LTJG D. Thorson, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town,
HN R. L. Juschka, HM1 M. E. Smith

While the hard working hospital staff develops a hearty appetite, the Food Service Division creates a meal to satisfy the most discriminating taste.

Behind the scenes, on the third floor, a variety of machinery and resources can be found preparing the food, using the most up-to-date methods.

The Food Service Division prepares and serves over 2,000 meals a day, making it one of the largest divisions of the hospital. LCDR A. T. Antonopoulos, MSC, USN, is the Chief of the division and is assisted by ENS J. D. Zarkowsky, MSC, USN, and 92 Civil Service personnel.

The civilian staff is divided into A, B and C watch sections to facilitate efficient preparation of the meals. Each section carries a well-rounded staff which is capable of fulfilling all the necessary functions to create a meal. The variety of skills and training acquired by the entire staff through the years has been a major factor in changes made in regular and special diets.

Menu items vary on a weekly basis from a simple hamburger to delicate seafood creole. The skills of experienced chefs have made it possible to expand the menu to its present size.

The Clinical Nutrition Branch of the Food Service Division includes inpatient and outpatient dietary care. CDR M. J. Springer, MSC, USN, who heads the branch, is responsible for ward tray service, inpatient and outpatient diet consultations, training of military and civilian personnel and overall supervision of the planning, preparation and serving of modified diets. In the areas of outpatient counseling and education and training, she is assisted by Maria Cortes, R.D., a Civil Service dietitian in the Nutrition Clinic located on the second floor. The Clinic is one of the largest in the area, averaging 300 to 400 patient visits monthly.

In 1974, selected University of California dietetics students will begin an affiliation with Naval Hospital Oakland. This is a major undertaking which will add to the hospital's present staff and serve as an excellent educational media.

Food Service... at Your Service

Team work by
the chefs make the
job easier.



No. 1—Modern rotary convection oven save energy and time in mass feeding operations.

No. 2.—Personalized service is provided to each patron in the two dining rooms.

No. 3—Field day on each Thursday brings all hands to pitch in for the cleanup.

No. 4—Dishware is cleaned on a continuous belt steam dishwasher.

No. 5—Serving conveyor with pellet warmer facilitates meal apportionment for delivery to the wards.

No. 6—Modified diets are checked before each meal by the dietician.

CHRISTMAS MEALS

Chicken Consommé
Tossed Green Salad



YOUNG ROAST TOM TURKEY
Sage Dressing
Cranberry Sauce



FISH ALMONDINE
Shaved Almonds
Cream Sauce



PRIME RIBS OF BEEF
Horseradish Sauce



HONEY GLAZED BACON
Pineapple Rings



Snowflake Potatoes
Garden Peas and Pearl Onions
Baked Potatoes
served with Sour Cream and Chives
Fresh Corn on the Cob

Hot Rolls



Mincemeat Pie
Holiday Ribbon Cake
Assorted Ice Creams
Christmas Strawberries
Cheese Cake
Fresh Fruit
Assorted Drinks

All military staff and dependent on-duty civilian personnel will be invited to the Christmas Dinner.

ADVENT WORSHIP SCHEDULE

Catholic

Daily Mass (Mon.-Sat.) 12 noon—Chapel of Hope
 Dec 16 and 23 (Regular Sunday Schedule)
 Dec 16 Ecumenical Cantata 7:30 p.m.—St. Luke's Chapel
 Dec 25 8:30 a.m.—Clinical Assembly
 12:15 p.m.—St. Luke's Chapel

Protestant

December 16 and 23 (Regular Sunday Schedule)
 December 16 Ecumenical Cantata 7:30 p.m.—St. Luke's Chapel
 December 24 Christmas Service 7:30 p.m.—St. Luke's Chapel
 December 25 Worship Service 9:00 a.m.—Chapel of Hope

CHRISTMAS CANTATA

The Naval Hospital Chapel Choir will present the Christmas Cantata, "Love Transcending" by John W. Peterson, at an ecumenical worship service on December 16. The time of the service is set for 7:30 p.m. A brief reception will follow the cantata.

Your Interest Is BUMEDS

The Bureau of Medicine and Surgery, Professional Division, had medicine's interest in mind when they sent CAPT S. J. Barcay, MC, USN, Head, Planning and Special Projects, Medical Corps Branch, to interview interns, residents and staff at Naval Hospital. BUMED is aware that when a professional man is happily situated, he will do better work and is more likely to dedicate his talents to the government and stay in the service.

"The stress is on the individual, his status and his future," CAPT Barcay stated. "The Bureau cares."

CAPT Barcay visited with 48 persons seeking insight into their personal views about their training and future plans. He was aboard the better part of three days and had interviews scheduled, at times four to the hour.

It is already known that some 11 interns will stay on at NHO as residents; three interns are undecided about their desire to enter aerospace medicine, but another three feel fairly certain about their decision. One person indicated an interest in submarine medicine.

Car Poolers Should Check On Insurance

According to an article from BUSINESS WEEK (Nov. 17, 1973), a car pool may mean you need more insurance. Quoting:

"The rising costs of gasoline and the probability of rationing are forcing the formation of many more car pools. Before you start or join a pool, check into your auto insurance.

"Unless you operate a pool for profit, your present insurance is valid. But it may not go far enough. 'If three or four people from your office are involved in a serious accident, there are no limits as to how much they can sue you for,' notes Marcus Ramsey, Director of Personal Lines Underwriting for the Zurich-American Insurance Group.

"Insurance experts recommend that you carry bodily injury

liability insurance of \$100,000 per injury and \$300,000 per accident. You should also have medical payments protection ample enough to provide at least \$5,000 to each person in your car.

"The cost for this additional coverage is minimal—about as much as a couple of tanks of gas. The absolute amounts will vary with your location and driving record, of course. But in, say, Evanston, Ill., a mature driver who paid \$100 per year for \$25,000/\$50,000 body injury liability coverage would pay only \$20 more a year for the \$100,000/\$300,000 coverage.

"In most areas, it costs \$5 to \$10 more to increase your medical payments coverage from a minimum \$500 per person to \$5,000."



UNDER THE BIG PARACHUTE Mary Louise Combs and Dianne Metz were caught wrapping packages for men in uniform and patients. Although set up for a volume of business, on Friday, December 7, they were not extremely rushed.

Red Cross Open House Spells Christmas



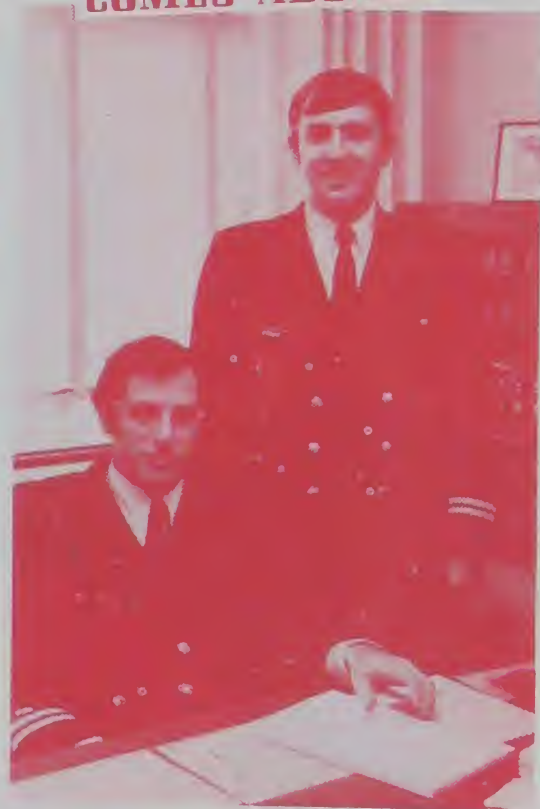
The fragrance of pine needles mingled with the Christmasy smells of all kinds of cookies and other goodies last Wednesday afternoon, December 5, as the staff of the Red Cross held open house for staff personnel and patients of Naval Hospital.

Despite energy crisis, gas rationing, busy rush or whatever, those who attended between the hours of 2 and 4 p.m. came away feeling that there would be red berries and poinsettia coloring their inner selves, despite threats of rationing, strike or butcher walkouts.

The open house was the Red Cross way of saying, "You now know where we are, so come up and see us sometime—any time."



LEGAL ADVISOR COMES ABOARD



LT Robert Kahn, JAGC (seated), in a few days will be departing NHO for private practice of law in the Bay Area.

LT Philip Robinson, JAGC (standing), has reported aboard from the Law Center of Corpus Christi, Tex. His undergraduate and law degrees were received at the University of Idaho; he was born at Sand Point, Idaho.

LT Robinson has just purchased a home in Hayward, and he and his wife, Carol, spent last weekend "behind a paint brush" trying to make things fresh for setting up little Amy's Christmas tree. She is three years old.

Happily the transfer to Naval Hospital was by request, and LT Robinson says he is looking forward to his assignment here in the Bay Area.



DERMATOLOGY IS WITH IT in getting a tree up early.

Hail & Farewell

ENLISTED REPORTING:

From Naval Hospital Corps School, San Diego, HA Roberto Rodriguez, HNs James Musson, Arthur Quinn and Christ Jones, HA Bienvenidon Choa, HM2 Pat Spelce, Jr., HAS Patrick Burns, Phillip Rages, Ronald Armijo, Robert Jelsma, Richard Padilla and Michael Williams, HN Frederick Husband, HA Thomas Stafford.

From Naval Medical Training Institute, Bethesda, Md., HM2 Owen O'Neill

From Naval Regional Medical Center, Philadelphia, Pa., HN Alan Keay.

From Naval Unit, Lowrey Air Force Base, Co., HM2 Alvah Bethune, Jr.

From USS EXCEL (MSO 439), SDSN Moises Evangelista

From Naval Dental Center, Naval Station, San Diego, DN Paul Koprowski.

ENLISTED DETACHED:

To Naval Hospital, Bremerton, Wash., HM2 Michael Day and HM3 Joel Harmon.

To U.S. Naval Hospital, Guam, HM3 Larry Reel.

To Naval Medical Training, National Naval Medical Center, Bethesda, Md., HN Emerando Juarez.

To Fleet Marine Service School, Camp Pendleton, Ca., HM3 Dennis Wolfe, HNs Richard Bayne, Floyd Newman and Everett Sullivan, Jr.



Karl W. Watson Is A Wanted Man

Dentalman Karl W. Watson, Sailor of the Month for November, has performed so well in the areas to which he has been assigned that two units have sought his permanent assignment. He has worked both in the general dental operatory and oral diagnosis units, has shown courteous contact with patients, respect for his seniors and has set very high standards of curricula and military discipline. His commendation reads, "It is rare, indeed, to encounter such an outstanding young sailor as Watson."

NWCA No. 160 Offers Wrap Service



The Enlisted Wives (NWCA #160 and other volunteers) will again be offering a gift wrapping service for pay. They start December 17 and go through December 24, hours 10 a.m. to 5 p.m., Monday through Friday, in the old watch shop. Mrs. Freda Bennett of the NWCA #160 was one of last year's volunteers, and she reports that profits last year were \$100, with the proceeds going to the club's various welfare projects throughout the year, namely, Pediatric Clinic and Ward, Day Care Center, welcome-aboard kits and scholarship fund.



THOMAS P. PAJAK and James
L. Phillippe advance to HM3.



IT WAS FAMILY DAY on the promotion, and those four were CAPT Angelo Petoletti.

Two Corpsmen Wed

"The haircut is 'on the house' your wedding present," Eugene Gonzales told Patricia Miller from Staff Sick Call. It was just one of the many gifts Patricia received recently, as she has been honored at several showers.

Waiting starry eyed through the bride-to-be's haircut sat Eugene Hall, HN and Senior Corpsman from SICU.

The two corpsmen met about six months ago when Patricia worked in SICU. Patricia and Eugene were married in a chapel on December 8 at an U.S. ceremony by Chaplain John Thompson. Family members attended from Idaho Falls, Idaho and Huntington Beach, Ca.

The couple will make their home at Lakeside Village, San Lorenzo and in March Eugene will enter the School.

Born at . . .

Naval Hospital on Dec. 2, 1973, the 1000th baby of the year, Bruce L. Mills, Jr., 6 pound, 6 ounce son of former NHO staff, Beverly and Bruce L. Mills . . . on Dec. 10, Stephen Paul Mabbitt, 6 pound, 6 ounce son of Eletha Diane and BMI Gary L. Mabbitt . . . on Nov. 25, Marisa Elizabeth Ranahan, 6 pound, 9 ounce daughter of Demerris and LCDR Michael Ranahan . . . on Nov. 21, Daniel John Komorowski, 8 pound, 15½ ounce son of Mary Ann and LCDR Richard Komorowski.



Chief of Pharmacy's
nug from the wife of



LT IVAN HOWARD received the Surgeon General's Letter of Recognition for outstanding performance of duty in connection with the indoctrination of 100 newly reporting medical officers.



YN2 MARY R. C. NANNA received a Letter of Appreciation for outstanding services during Operation Homecoming. She recently signed on for 4 more years, her first re-enlistment.



LCDR WM. SHANKEL signed those important papers of augmentation to the United States Navy. He was one of the POW Returnees who was married shortly after his return to NHO to the girl he left behind during 6 years of imprisonment.



TOSEY COVER worn
DR Ferguson is just
of the special handouts
the Friendly Red
Volunteers are busy
throughout the year knit-
lap robes, crutch
ctors, toe warmers
like woolen gifts.



ANNOUNCEMENTS

The Navy Exchange will be open until 4 p.m. on December 15 and 22.

The Exchange Beauty Shop is booking appointments for December 24 and 31. [The shop is normally closed on Mondays.]

Navy Good Conduct Awards

Mary Peiffer
Gerald Hunter
Steven Lepley
Leonardo Mirazo

PASS
THIS
ISSUE
ON
TO
OTHER
READERS

GOOD SHOW ON TAP

When the press give a Vegas act (the Snyder brothers) top honors, you can bet they'll have plenty to offer at our Veterans Hospitals' Christmas Committee entertainment. Singing, funmaking, a bit of dancing and instrumentalizing is their thing, and maybe they will run the gamut for us just as they did in their Desert Inn "Pzazz! '68" act.

Be ready for the fun on December 18, in the Clinical Assembly, at 7:30 p.m.

Back with us again will be Mr. Personality, Glenn Haywood—and do you remember his friend Freshie?

The Homestead Act will be on hand bringing bluegrass music, a bit of country. With very little coaxing perhaps Patsy Magnolia and Elmo will render their tender ballad, "You Done Sprayed My Lovebug with D.D.T."

Giving a bit of the lowdown on Elmo, he won "Hogologist (hog caller) of the Year" three years in a row and has a galvanized slop bucket to prove it. Before he capitalized on his stellar talents—banjo, guitar, mandolin, bass and harmonica—he was a veterinarian and claimed to have done rectals on every cow in Alabama. Patsy also changed careers—from whispering librarian to airline hostess to country music, and she has won about every bluegrass competition in the West.

Three other personalities will be entertaining on the big Christmas-ganza—but some surprises are needed, so y'all come and see what's in store, ya'hear?



RAFT Seminar Starts UPWARD

ENS F. H. Maurer, MSC, USN, and HMC A. J. Lewis have recently completed training as a Racial Awareness Facilitator Team (RAFT) at a school held in San Diego. The certificate received qualifies them to conduct seminars, called UPWARD (Understanding Personal Worth and Racial Dignity).

The UPWARD seminars will permit an individual to receive 20 hours of race relations education each year, conforming to the Navy's policy on race relations.

ENS Maurer states:

"... the entire seminar is based on three important principles of adult learning:

- Adults learn that which is personally beneficial to them;
- They learn more from feedback plus experience than from experience alone;
- And they learn better that which they discover for themselves.

The program features these principles as it confronts the issues of racial attitudes, presumptions and prejudices, both individual and institutional, within the national and Naval societies."

The first group "awareness sessions" will start about January 9, 1974.

More specific information concerning UPWARD will appear in the Plan of the Day.

MOVIES

Friday, December 14
LITTLE LAURA AND BIG JOHN—Falcon Forte, Karen Black—Action Melodrama (R)

Saturday, December 15
THE RESURRECTION OF ZACHARY WHEELER—Leslie Nielsen, Bradford Dillman—Drama (G)

Sunday, December 16
BLESS THE BEASTS AND CHILDREN—Mummy, Barry Robins—Drama (PG)

Monday, December 17
OKLAHOMA CRUDE—George Scott, Faye Dunaway—Action Drama (PG)

Tuesday, December 18
THE GETAWAY—Steve McQueen, Ali McGraw—Action Drama (PG)

Wednesday, December 19
SHAFT IN AFRICA—Richard Roundtree, Frank Finlay—Action Drama (R)

Thursday, December 20
HENRY VIII AND HIS SIX WIVES—Kathleen Mitchell, Donald Pleasence—Historical Drama (PG)

Friday, December 21
HAPPY MOTHER'S DAY, LOVE, GEORGE—Patricia Neal, Cloris Leachman—Suspense Drama (PG)

Saturday, December 22
BUTTERFLIES ARE FREE—Goldie Hawn, Edward Albert—Comedy (PG)

Sunday, December 23
THE NIGHTCOMERS—Marlon Brando, Stephanie Beacham—Melodrama (R)

Monday, December 24
NO MOVIE—Christmas Eve

Tuesday, December 25
NO MOVIE—Christmas

Wednesday, December 26
CAHILL, U.S. MARSHALL—John Wayne, George Kennedy—Western (PG)

Thursday, December 27
THE FIRST CIRCLE—Gunther Maltz, Elzbieta Szyewska—Drama (R)

The Fleet Reserve Association, Branch and Unit 10, Oakland-San Leandro, will hold its annual Christmas Party at the Veterans Memorial Building, 1105 Bancroft Avenue, San Leandro, on the 19th of December at 7 p.m.

Bits and Pieces

The warning about the danger of platform shoes did not appear in THE OAK LEAF soon enough to help CDR Miriam Ferguson. She caught her heel while wearing platforms, took a tumble, and for 5 weeks now has been getting around on a walking cast.

Santa got a letter of complaint from a "Gary" who sadly lamented that his will power is missing so that he cannot get home for Christmas. He was hoping that on Santa's travels it would be found and mailed back, hopefully helping him make it home next Christmas. Cheer up, sad one, The Veterans Hospitals' Christmas Committee is aboard this weekend and soon it will be Christmas right here at Naval Hospital.

CAPT A. R. Petoletti was one of 155 hospital pharmacists taking part in a seminar on the role of clinical pharmacy in contemporary health care delivery systems. The two-day program was sponsored by Schering Corporation.

"I've had my braces tightened for the wedding," is the latest cutie comment heard by an engaged corpsman.

Enrollment In The Survivor Benefit Plan Extended

The Department of Defense announced that March 20, 1974, is the new deadline for military retirees to elect to participate in the Survivor Benefit Plan.

By virtue of the President's signing into law the Department of Defense FY 1974 Appropriations Authorization Measure (P.L. 93-155, November 16, 1973), the period for enrollment in the Survivor Benefit Plan was extended an additional 6 months.

Under the plan, a retiree can elect to purchase an annuity for his widow or children by a relatively small deduction from retired pay.

Officials said the deadline for military personnel who retired before September 21, 1972, to elect to participate in the plan is midnight March 20, 1974.

Each military department has previously mailed detailed information concerning the plan to qualified persons. Retirees who have not received such information should contact the department from which they receive their retired pay.



'TIS THE SEASON for lineups, whether at the recent pet vaccination clinic or at the Post Office window. There were about 90 pets vaccinated; the P.O. crew has no count on packages mailed, but folk seemed to be mailing early.



Send Your Copy of THE OAK LEAF HOME!

Place
Stamp
Here

From Naval Hospital
Oakland, California 94627

To

Scenes by the Sideline

By Ron Brown

DUPLICATING, ENT, PT/OT, PERSONNEL SHARE LEAD IN BASKETBALL LEAGUE

Four teams still remain unbeaten after two weeks of play in the 1973-74 Intramural Basketball League at Naval Hospital Oakland. Anesthesia was the only team who had a first-week victory that went down to defeat last week as they lost to a fast improving five from PT/OT School by a score of 38-35.

This was the closest scored game last week as both teams saw the lead change several times, but when the final buzzer sounded, PT/OT was on top.

Roy Trissel led all scorers with 15 points on six field goals and three free throws.

Dick Fraioli led the losers with 14 markers.

Personnel made it two in a row and served notice that they are one of the teams to beat as they humbled OR by a score of 58-22.

Tony Mundy was the game's high scorer as he pumped in 18 points; followed by Steve Samuels with 16 points.

Gap Silva led OR with seven points.

ENT says, "Come and get us!"



NAVAL REGIONAL MEDICAL CENTER FIRE DEPT.

as they completely dominated play by whitewashing Inhalation Therapy by a score of 62-16.

ENT led at half time by a score of 30-7 and left no doubt in anyone's mind what the outcome of the game was going to be.

Four players scored in double figures to show a balanced scoring attack.

Leading scorer for the game was Dave Powell who split the net with seven field goals good for 14 points. Howard Chase and Bob Pierce each contributed 12 points, followed by Bill Combs with eleven.

Mike Byron and Adrain Stower led the losers with four points each.

* * *

LAB EVENS RECORD

AT 1-1

Lab came back last week after a disappointing loss to Duplicating by dealing NP their league opener loss by a score of 39-15.

Emy Arada was the game's high scorer with 14 points on seven field goals. Vernon Isip followed with 10 markers.

Paul Westberg led NP with 12 points, putting on what would be described as a one-man show. Paul was not originally signed up to play with NP and just showed up to watch the game. On seeing his team short of players, he answered the call as any dedicated player would, and went on to lead his team.

Lab proved to be too much though as they appear to be touted

SCHEDULE

Jan 9, 1974, Wrestling, 7:30 p.m., Invitational, NAS Alameda

Jan 11, 1974, Boxing, 8 p.m., Invitational, NAVSTA Treasure Island (Schedule to follow)

Jan 16, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island

Jan 19-27, 1974, Basketball, 10 a.m., 12ND Championships (Site to be announced)

Jan 30, 1974, Wrestling, 7:30 p.m., Invitational, NAVSTA Treasure Island

Feb 6, 1974, Wrestling, 7:30 p.m., Invitational, NAS Moffett Field

THE TIME IS NEAR FOR
EACH ALIEN TO REPORT A
CORRECT ADDRESS TO
THE ATTORNEY GENERAL
DURING THE MONTH OF
JANUARY.

as the "Spoilers" in this league. They barely lost to Duplicating in the first week's games.

Duplicating made it two in a row as they nosed out CIC by a score of 34-23.

Richard Jones led his team; scoring 10 points on four field goals and two free throws.

Tony Tavares and Pat Jasper followed with six points each.

Randy Dolphin led CIC with nine points on four field goals and one free throw.

The Intern Team was idle last week.

Who Can Match 7500 Laps?

CDR Rainer Schmidt has just earned Red Cross recognition for 50 miles of swimming for the year 1973 in our big pool. That adds up to about 2500 laps of the pool, or 25 laps at one time. This doctor from our Dermatology Service never counts less than a one-half mile swim.

The lifeguards at the pool confirm that about nine persons are working on their 50, and one other swimmer, Michael Valray, has added up 42 miles. Dr. Schmidt, however, has completed 50 for the third time.



NO GEIGER COUNTER THIS! LCDR James Robertson, CEC, USNR, is not seeking hidden treasures; he's seeking additional parking spaces and measuring to determine if he can gain an additional five or six spaces by going perpendicular [90 degrees] rather than angular.

12ND WOMEN'S VOLLEYBALL PLAYERS WANTED

Practice is scheduled every Monday in the station gymnasium at 6 p.m.

Coaching is provided.

The team is open to all active duty women.

Call Ron Brown, ext. 2350, for further information.

Peace at Christmas

